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TREASURE STATE SCHOOL FOOD
SERVICES NEWSLETTER

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State of Montana
Office of the Superintendent
of Public Instruction
Dolores Colburg, Superintendent
Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

WITHDRAWN
MAY 30 1972
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May, 1972

NOTES FROM THE STAFF

Another school year is drawing to a close, and it is time for a bit of retrospect. Has your past year in school food services been an interesting, challenging, ever-changing experience? It has been said that if one is not constantly moving forward in his work that he will soon be going backward, for there is no middle ground in these changing times. What was good enough for yesterday, may not be satisfactory for today's children.

In visiting school food services programs over the state, we have found many outstanding examples of schools increasing their participation in a happy, enjoyable atmosphere. However, some are just barely holding their own, and alas, a few are dropping behind. Overall we are very proud of the fine work that all of the managers and cooks have been doing this past year. Congratulations to all of you. We hope to see you at workshops this summer and back in the lunchroom next fall.

REMINDER

On January 28, 1972 the School Food Services office sent each school a memo and two copies of form F483 requesting the latest data on your school food service personnel. These personnel sheets are used to keep our records up to date and we would like to remind those schools that have not returned this form to please return it as soon as possible.

ATTENTION!! WORKSHOPS!

School Food Services workshops will be held at the West High School in Billings on Monday and Tuesday, June 12-13, and the Longfellow Elementary School in Great Falls on Monday and Tuesday, June 19-20.

Following is a brief *tentative* schedule for the workshops. (The same basic schedule will be followed for both workshops.)

1. Registration for both workshops will begin at 8 a.m.

2. At 9 a.m. Mr. Skiles will welcome the group.

3. At 9:15 a.m. the Montana School Food Service Association will hold its annual meeting. Everyone is invited to attend this meeting even if not a member. We hope to have a strong state association working for better programs through the year.

4. At 11:15 a.m. the first class will begin. Classes will cover such topics as buying and cost accounting of meals, menu revision, idea sharing, and nutrition education.

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5. A special session will be held on Monday, June 12 in Billings and Monday, June 19 in Great Falls for school administrators, clerks and secretaries. These sessions will begin at 1:15 p.m. and will cover topics in program accounting and administration.

6. At 7 p.m. a buffet dinner will be held at the Elks Club for school food services personnel attending the Billings workshop. The cost will be $4 which includes the tip.

7. Also, at 7 p.m. on June 19, a banquet will be held at the Rainbow Hotel for school food services personnel attending the Great Falls workshop. The cost will be $3.75 which includes the tip.

These workshops will offer personnel an opportunity to become updated in many areas of school food services programs. In the near future you will be receiving additional information and preregistration material by mail. We look forward to seeing you at one of these workshops.

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentiful for the month of May 1972. It is suggested that local availability and price be considered when purchasing broiler-fryers, eggs, canned peaches, potatoes and potato products, milk and nonfat dry milk and fruit cocktail.

Through its Plentiful Foods program, the USDA's Consumer and Marketing Service keeps cunsumers and all segments of the food industry informed about foods expected to be in abundant supply and in need of marketing aid. The monthly list is compiled by USDA commodity specialists from sources available in government and the food industry.

FOOD DISTRIBUTION PROGRAM INFORMATION

The final "Food Distribution Receipt and Billing" was mailed to all programs on April 26. The buff colored receipt form and payment should be returned before the end of the school year.

"Information Concerning Food Distribution for the 1972-73 School Term" forms will be mailed about mid-May. It is very important that you carefully complete all spaces and promptly submit one completed copy before the end of this school term.

The "End-of-the-Year Inventory" forms will be mailed with the information forms. This inventory of USDA foods should be taken on the last day of your lunch service and submitted immediately. Now is the time to make every effort possible to use all of your perishable USDA foods before the end of the school term.

Some schools showed an inventory of raisins on their March 31 Inventory Report. May we suggest, if you have raisins on inventory at the end of the year, that you place them in frozen storage.

The USDA has warned us and may we again remind you, it is extremely important that you use all of the dehydrated potato flakes. They must not be stored through the summer months as the shelf life of this product is very limited.

If USDA foods have been transferred to your program from another school food services program, please send a receipt to this office for them.

The food distribution clerks wish to thank all of you for your cooperation during the past school year. We hope that all of you have a very pleasant summer.

Ovens and Ranges

___ If gas, be sure all pilot lights are turned off.

___ Remove grease and food particles from surfaces, cracks and openings of ranges and ovens. If necessary, scrub lightly with metal scouring pads and allow to dry thoroughly. To remove scorched-on food or grease from ovens, set a dish containing a cloth soaked in diluted ammonia in the closed oven overnight to let fumes loosen soil; then scour lightly if necessary.

___ Remove all grills, scrap traps, and oven racks; place in sink and wash with mild detergent; rinse and dry.

___ Clean entire range with mild detergent and warm water; dry thoroughly with clean cloth.

___ Coat entire range and removable parts with a salt-free oil. Leave range and oven doors open with parts out so air can circulate.

___ Clean canopies and hoods of grease and other foreign matter.

Dishwasher

___ Be sure heater is turned off including pilot light of wash tank whether it be gas, electric or steam model.

___ If you have a detergent dispenser, be sure all water and electrical connections are turned off. Clean dispenser with stiff brush and rinse.

___ Remove or raise doors or curtain according to model of machine. Remove the wash pipes and scrap trays. Clean dish tables thoroughly.

___ Place all parts in sink and scrub with brush and hot detergent solution. Wash and rinse curtains or doors of machine. Place parts on clean dish table to air dry. Leave these parts *out* of the machine and the machine doors open so air can circulate. If machine has curtain, hang over side of dish table to dry and air.

___ Scrub and clean interior of machine with brush and hot detergent solution; rinse. Remove all food particles from food tank.

___ If your machine is equipped with grease or oil connections, these fittings need to be filled with proper oil.

Mixers

___ Remove bowl and attachments. Wash exterior with mild detergent and warm water; rinse and dry thoroughly with clean cloth. When the electrical switch is exposed, the electrical service is disconnected by removing the plug from the wall socket or switch box. Avoid direct contact of water with switch at all times the service is connected.

___ If mixer is floor model, remove lower panel from back and thoroughly clean. Brush bowl raising mechanism with a salt-free oil; replace panel.

___ Follow manufacturer's instruction for oiling and greasing machine.

___ Clean and dry all attachments thoroughly; store in clean dry place so air can circulate.

END OF TERM CHECKLIST

Records and Materials

___ File all records including menus records in a safe place. Records are to be retained for a period of three years.

___ File all recipes in recipe box. Cooks and school lunch managers are not permitted to remove the recipe card file or any other pertinent material from the school lunch files. These materials are the property of the school district.

___ Bulletins, newsletters, instruction manuals and other materials should be filed for use again next year.

___ Make accurate inventories of equipment, foods (in dry and cold storage) and supplies in duplicate--one copy for the principal's file and one for the manager's file.

___ Make a duplicate list of needed improvements to be taken care of during the vacation. Give original to the principal or superintendent and put duplicate copy with manager's records.

Storeroom

___ Thoroughly check your entire storage area. Check ventilation and temperature of dry storage rooms, be sure there are no cleaning supplies, etc., left there. Get a thermometer for the storage room so that the temperature can be checked. It should not exceed 70° F.

___ Thoroughly cleanse all shelves, floor racks, bins and other containers with detergent; allow to dry, then sprinkle or spray with insecticide.

___ Plan some way to ventilate the storeroom during the summer months.

Food

___ All USDA foods should have been utilized so that none are held over the summer months. Menus should have been planned to utilize the food purchases and avoid keeping a large inventory during the summer.

___ Check all remaining foods to be sure they are in good condition and refrigerate if necessary.

___ Repackage broken lots of food in containers with tight fitting lids. All foods, to be placed in frozen storage for summer, should be properly packaged in a moisture and vapor-proof package.

___ Store food on shelves, dollies, or skids-*do not* put directly on floor.

___ Leave sufficient space between walls and food so air can circulate.

___ All grain products should be placed in covered metal containers, and placed in refrigerated storage. Use metal containers as much as possible to avoid mouse damage.

___ Label and date all foods that are placed in storage so that they may be used first in the fall.

___ If USDA Foods are stored in deep freezers or refrigerators, arrangements must be made to have the custodian check periodically to make sure that there has not been a mechanical failure. Double check the outlets on the refrigerators and freezers to ascertain that they are all plugged in.

Reach-In Refrigerator/Walk-In Freezer

The manufacturers recommend that refrigerators and freezers be left clean and in operation during the summer months. Food should not be left in the freeze units of the refrigerator or the deep freezer boxes unless a daily check by a responsible person will be made to assure that the freezing units are operating properly. If they are not left in operation and under careful supervision, the following care is recommended for the refrigerator and deep freeze cabinets.

___ Remove all food. Disconnect from wall socket; if gas refrigerator, cut off the pilot light.

___ Clean interior and exterior thoroughly with mild detergent and warm water, giving careful attention to all shelving. Rinse thoroughly and dry. Baking soda added to rinse water helps destroy "refrigerator odors."

___ Leave all doors open until box is connected and in use again. Put sign on box "Keep Doors Open" so that janitor and others making routine inspection during summer will not by mistake close doors.

Vegetable or Potato Peeler

___ Remove top, peel trap, and peeling disk, and place in sink and scrub with mild detergent; rinse and dry. These items should be left out of the peeler and stored close by so air can circulate.

___ Clean interior of peeler with stiff brush and hot detergent solution; rinse and dry. Leave peeler open so air can circulate.

___ Check grease connections or fittings and fill, as needed, with correct lubricants.

General Areas

___ Remove all vermin and fire hazards, such as oiled cloths, matches, paper, cardboard boxes and trash.

___ Make arrangements for locking lunchroom, cabinets, and storage areas and safekeeping of the keys by responsible school official.

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Superintendent of Public Instruction
Helena, Montana 59601

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April 1972

State of Montana
Office of the Superintendent
of Public Instruction
Dolores Colburg, Superintendent
Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

April, 1972

HOW DOES YOUR STOREROOM LOOK?

May we again remind you to make every effort to utilize all USDA foods by the end of the school term. If you end the year with an inventory of canned fruit, canned vegetables, or frozen meats, we *must* deduct them from your first allocations in the fall. If you end the year with a small supply of "open end" foods, this will not effect fall shipments. When foods are stored through the vacation months you are taking a chance on loss or damage due to freezer trouble, infestation, or theft.

As you know, your school is responsible for loss or damage of USDA foods through neglect; therefore we urge you to use as many of the foods as you possibly can before your program closes its operation for this school year.

It is extremely important that you use all of the dehydrated potato flakes and frozen french fries as the shelf life of these products is very limited.

PLENTIFUL FOODS

The following foods are plentiful during April 1972, according to the USDA. Local availability and price should be considered when purchasing eggs, canned pears, prunes and prune juice, canned applesauce and apple juice, canned cranberry sauce and cranberry juice cocktail, frozen concentrated grape juice and canned grape juice, potatoes and potato products, and milk and dairy products.

It is suggested that school administrators and school food service personnel remember the following explanation from the USDA when they may read a current list of *Plentiful Foods*. Consumers stretch their budgets for all food programs if they efficiently utilize all foods the USDA designates as plentiful.

Everyone can understand what it means not to have enough of such things as food, clothing, money, and housing. But how many of us realize that having an abundance of something can also be a problem? If farmers raise too much of any crop, many problems can arise; prices can be so low that many farmers will go out of business; sluggish movement of supplies can mean lower quality to consumers; farmers then might cut back production so drastically that prices the next year will be higher than consumers want to pay. The problem of bounty is one that can be severe, and one that the individual can do little to solve. The Plentiful Foods Program of the USDA helps to meet the problem by bringing it to public attention. The program promotes ways of utilizing abundance and lets everyone who deals with food, from producer to consumer, know what foods are plentiful. Each month USDA food specialists try to determine what foods are expected to be in plentiful supply and in need of merchandising aid. Based on their findings, a plentiful foods list is then distributed to food retailers, brokers and wholesalers, volume food feeders and to the news media. Special releases and promotional activities are developed to further emphasize the availability of any item selected to be featured. Food retailers and wholesalers emphasize these plentiful foods in their merchandising and advertising. State extension and marketing specialists, newspaper food editors, and radio-television stations tell consumers about them. Restaurants, *schools* and other quantity

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feeders many times use these foods in their menus. The Plentiful Foods field staff makes personal contacts with most of the large distributors of the foods which are designated as plentiful and offers them tips on how and when to merchandise and promote these products. Cooperation from these distributors helps make the program work. Through the Plentiful Foods Program, consumers can stretch their budgets by buying foods that are more plentiful. Producer groups are provided merchandising help for their plentiful products. And those who market foods can help move additional products more rapidly to the ultimate consumer.

SCHOOL LUNCH WORKSHOPS

School lunch workshops will be held this year in Billings on June 12 and 13 and in Great Falls on June 19 and 20. The Billings area meeting will be conducted in the Billings West High School and the Great Falls area meeting will be conducted in the Longfellow Elementary School.

The two-day workshops will cover such topics as buying practices, cost accounting, menu revision and idea sharing. Increasing costs for food, labor and equipment make it more important than ever that each meal is planned with costs in mind.

Tentative arrangements for speakers and guests are being made. A baking demonstration will be a part of each workshop.

Since there will be two workshops this year, personnel will be invited according to area. In the near future you will receive additional information pertaining to registration, schedules and miscellaneous information.

We are confident that these will be excellent meetings and we are looking forward to your attendance.

COOK'S CORNER

Iodized Salt

When ordering salt be sure to request "Iodized"; it is now available in large quantities. The importance of the use of iodized salt in school menus has been mentioned frequently. The incidence of goiter is on the increase and in most cases this can be traced to the lack of iodized salt in the diet. The daily requirement of iodine is small and can easily be met if iodized salt is used.

Add Oil to Macaroni

Add a little oil to the water in which macaroni foods are cooked. The oil floats on the surface and lessens foaming of the rapidly boiling water. This helps to keep the water from boiling over and it also keeps pieces of macaroni from sticking together.

Availability of New Red Tart Cherry Dessert Recipe Cards

The School Food Services office recently received a letter from the National Red Cherry Institute informing us that six new red tart cherry dessert recipe cards have been developed for school lunch use.

The Institute unfortunately will not be mailing these packets to each school manager because of large mailing expenses. However, they have asked us to notify you of their availability and if your program wishes to have these recipes, please send a stamped, self-addressed envelope to the address below and they will be most happy to send you a packet:

Mr. John D. Willsie
Director of Trade Relations
National Red Cherry Institute
415 West Grand River Avenue
East Lansing, Mich. 48823

Preparation of Dehydrated Potato Flakes

In a recent memo, School Food Services requested information regarding the acceptability of dehydrated potato flakes and frozen french fried potatoes.

We were pleased to note that most schools are happy with these potato products; however, several schools have had problems with the preparation of dehydrated potato flakes. They have had a tendency to become too dry or form a gummy consistency.

Along with the school's evaluation of these products, some cooks took the time to share a few recommendations in the preparation of these potato flakes. If your lunch program has had difficulties in preparation, please try the following suggestions.

1. Change the recipe amounts to read:

   1 Sack of flakes
   3-1/2 qt Hot water
   3 qt 1 c Hot milk
   3 T Salt
   3/4 c Butter

2. Either mix by hand or beat as little as possible with your mechanical mixer.

3. Using your bread hook, add hot water, milk and butter and mix lightly.

THE SANDWICH ERA - A NEW ERA

Sandwiches have been effective in school food service for centuries, but today the demand from the students is much greater.

Students, especially teenagers, are looking for new excitement, new challenges and new freedom. School food service must meet these needs with a new, more flexible variety of sandwiches that are easily eaten for an on-the-go generation. Choices are essential.

To compete in the Sandwich Age without additional expenses, school food service persons must revise their thinking, review their planning, precosting and purchasing practices and adjust their production methods and increase their commodity usage. (School-made bread offers an even greater variety and reduces the cost of sandwiches considerably.)

Tips on sandwich making.

1. Soft butter spread on the inner surfaces of bread slices keeps them from becoming soggy, particularly when made ahead of time and the filling is of a moist salad type.

2. Use warmed buns or breads for hot sandwiches; nothing is more unpalatable than a hamburger or a fish square on a cold bun.

3. Salad type filling must be kept under refrigeration. They need some ingredients such as chopped celery, sweet pepper, etc. to give texture contrast.

4. Cold foods need more seasoning than hot foods.

From: Georgia Department of Education

RECIPE SECTION

GRAHAM CRACKER PEANUT CANDY
(50 servings)

Ingredients

1 lb Graham crackers
1 lb Superfine sugar
3 c Peanut butter
1 t Vanilla
1/2 lb Raisins

Directions

1. Crush graham crackers until they are the consistency of cracker meal.
2. Add sugar and peanut butter.
3. Blend thoroughly, adding melted butter until mixture holds together.
4. Add vanilla and raisins.
5. Press into 2 buttered 9x13x2 inch pans.
6. Cover and store overnight in refrigerator.
7. Cut into squares.

PEANUT BUTTER OATMEAL COOKIES
(Yield: 100 cookies)

Ingredients

1-1/2 c Peanut butter
1-1/4 c Butter
3-3/4 c Brown sugar
1 c Raisins, ground
3 Eggs
1 T Vanilla
3 c Flour
1 T Baking powder
1-1/2 t Salt
3 c Oatmeal

Directions

1. Cream together peanut butter, butter, sugar and raisins.
2. Add eggs and vanilla and beat.
3. Add flour, baking powder and salt, mix well.
4. Add oatmeal and stir just long enough to mix. Do not beat.
5. Drop with No. 30 scoop and bake at 350° F 12-14 minutes.

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DOLORES COLBURG
Superintendent of Public Instruction
Helena, Montana 59601

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TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

March, 1972

MARCH 31ST INVENTORY OF USDA FOOD

The March 31st Inventory forms will be mailed the latter part of March. This inventory must be taken on *Friday, March 31, 1972.* Please take a physical count of all USDA donated foods on this date. Complete both forms and immediately return the original to School Food Services, Office of the Superintendent of Public Instruction. Please retain the copy for your files.

"OPEN-END" USDA FOOD ESTIMATES

"Open-End" USDA Food Estimate forms will be mailed the latter part of March. "Open-End" USDA donated foods are available in quantities to meet your program needs. The *only way* to obtain these foods however, is by estimating your needs for the 1972-73 school term on the "Open-End" USDA Food Estimate form and submitting the form to School Food Services, Office of the Superintendent of Public Instruction. The estimates must be submitted on or before the due date shown on the form.

The School Food Services office must submit to the USDA, estimates of "open-end" foods for all the school food service programs in the state. The first quarter estimates and requisitions, which are for the August-September shipments and include *all* the once a year orders, are due in San Francisco about the middle of April. School Food Services is obligated to order these foods in the amounts that all the schools can utilize during the school year in which they are received. Because of the limited amount of rented space available and the extremely high cost of renting storage space, the USDA foods must be shipped to schools immediately upon arrival in Helena. This will help to keep the unit cost to the schools at a minimum. Schools are responsible for USDA donated foods that become "out of condition" while in their possession. School food program managers should exercise as much care in ordering these "open-end" USDA donated foods as they do when ordering purchased food.

If your home economics department plans to use "open-end" USDA donated foods, they should include the amounts they need in this order.

REPORTING OVERAGES AND SHORTAGES OF USDA FOOD

If you have not been reporting overages and shortages of USDA food shipments, please do so as soon as they occur.

TRANSFER OF USDA FOODS

Excess USDA Donated Food memos have been mailed to all school food service programs. After a school receives a USDA food that has been transferred from another school, please forward a letter to our office notifying us of receipt for the food that was transferred.

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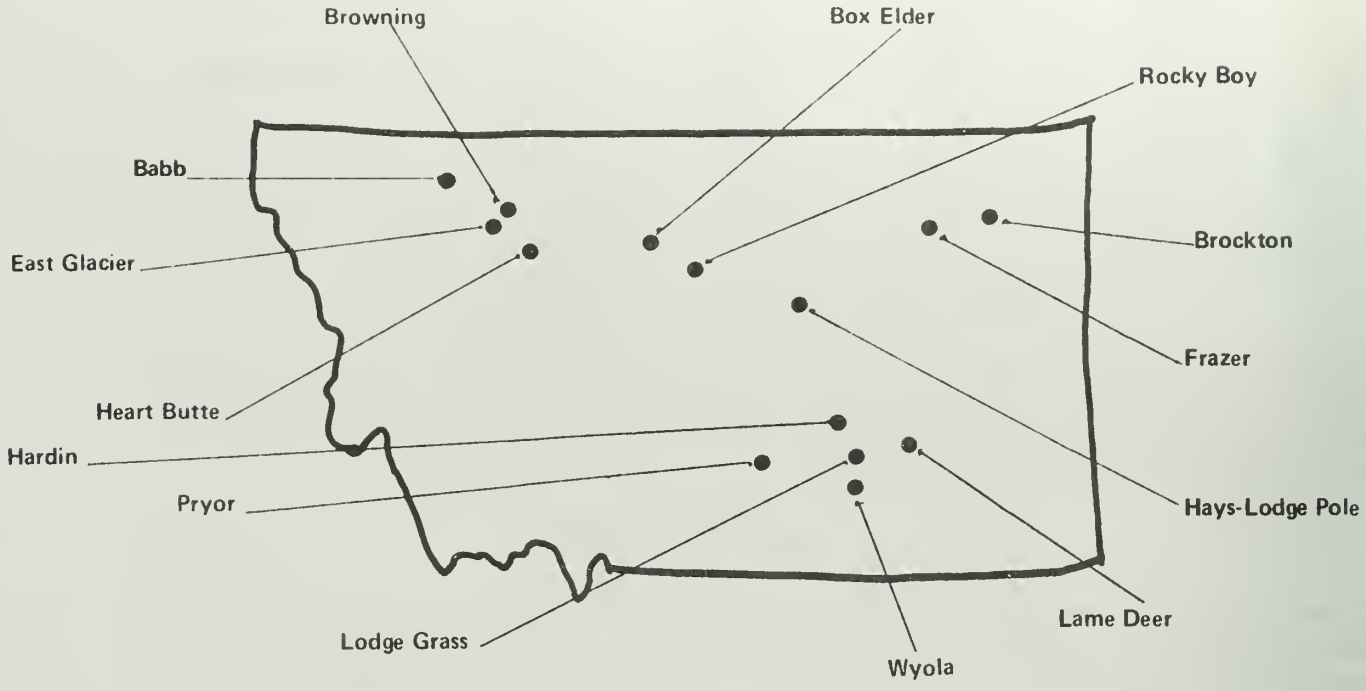
BREAKFAST PROGRAMS IN MONTANA 1971-72



Is your school district included on the breakfast map?

To date 14 Montana school districts offer the Breakfast Program in 25 attendance units. During the month of January 1972, 33,387 breakfasts were served to students in Montana public schools. The average daily participation was 1,688. Of the total breakfasts served 32,665 were free.

WHY IS BREAKFAST IMPORTANT?

Good health begins with good nutrition and good nutrition begins with a good breakfast. A person will seldom make up at other meals the nourishment that was missed by not eating breakfast. Eating breakfast regularly will benefit both the child and the school. The child is more alert, less fatigued and has a better chance to do well in school. There are fewer discipline problems among children who start the day with a nutritious breakfast. Scientific studies indicate that those students and teachers who eat a good breakfast are more alert and sharper in their thinking and actions.

SPECIAL NOTES

Federal regulations require that USDA donated foods be used during the year in which they are received. May we suggest that you make a special effort to use all that you possibly can in your menus for the remainder of the school year.

If you should sell any containers in which USDA foods have been shipped, the money received must be used in your school food service program.

The last shipments for this school term of all-purpose flour, bread flour and butter are expected to be made to the schools in March.

Can your program use some dry red kidney beans, whole wheat flour, or shortening? If so, please write indicating the number of units you would like shipped to your school.

WORKSHOPS IN JUNE

Plans for the State School Food Services workshops are being formulated. Dates for workshops in Great Falls and Billings have not been definitely established, but tentative plans are to conduct them during the second or third week in June.

Areas of study in the workshop will include accountability, management and sanitation. Other problems relevant to different areas of food service programs will also be considered.

Administrators and clerks are extended special invitations to attend our workshops since changes in reimbursement procedures make accountability and management more important than ever. All managers, cooks, assistant cooks and other food service personnel are urged to attend.

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentiful for the month of March 1972. It is suggested that local availability and price be considered when purchasing peanuts and peanut products, eggs, canned peaches, potatoes and potato products, prunes, prune juice and pitted prunes, frozen concentrated grape juice and canned grape juice, canned cranberry sauce and cranberry juice cocktail, fruit cocktail and split peas.

Through its Plentiful Foods Program the USDA's Consumer and Marketing Service keeps consumers and all segments of the food industry informed about foods expected to be in abundant supply and in need of marketing aid. The monthly list is compiled by USDA commodity specialists from sources available in government and the food industry.

SUPPLY SITUATION OF PLENTIFUL FOODS

According to USDA reports, the supply situation for the March plentifuls is as follows:

The 1971 peanut crop was the largest on record. The 1971 California dried prune production is estimated to be 131,000 tons, providing ample supplies of prunes and prune products in all markets.

Heavy stocks of fresh potatoes remaining from last year continue to pressure markets. Processed potato products are also expected to continue at price levels attractive to consumers.

Market movement to November of canned clingstone peaches was 2.2 million cases less than last year and canned freestone movement was also lower.

Stocks of canned fruit cocktail are heavier than usual with exports down significantly from last year. There are also excessive inventories of cranberry products at this time, and good buys for consumers are anticipated.

The very large 1971 Concord grape crop has caused a current stockpile.

Split peas continue to be a burdensome over-supply, and retail prices are low.

Egg production in March is expected to remain near the high level of a year ago, and prospects are good for plentiful supplies at prices attractive to consumers.

COOK'S CORNER

Awaken Your Menus With Words

Words mean only what we think they mean. An image forms in our minds as we hear or read words. Menu words surely are among the image-makers. To the participant, the words furnish their first picture of a meal.

What kind of image does the following menu leave in your mind?

Chicken & Gravy
Potato
Broccoli
Roll & Butter
Peach Pudding
Milk

Not very appetizing is it? How would it appear to your public?

Through the use of words, this same menu can be improved. Eye-catching, descriptive, colorful terms add appeal to your menus and may help to increase participation.

Chicken Fricassee
Fluffy Whipped Potato
Chopped Broccoli
Whole Wheat Roll & Butter
Golden Peach Crisp
Chilled Milk

When writing menus try these descriptive terms:

Styles - whipped, creamy, mixed, stuffed, frosted, buttered, molded, shredded, glazed, Spanish, French, Italian, a la king, au gratin, tossed, topped.

Colors - rosy, snowy, green, orange, pink, golden, rainbow.

Textures - jellied, crisp, soft, flaky, tender, crunchy, fluffy, juicy.

Flavors - sweet, tart, spicy, pickled, fruited.

Shapes - squares, rounds, circles, chopped, fluted, tiny, cubes, wedges, sticks, diced, bars, tidbits, balls.

Temperatures - hot, warm, iced, cool, chilled.

Excerpts from "Food for Thought"
Oregon - 1969

Aid for the Serving Line

A one-gallon cleaned soap dispenser like the plastic bottle type may be placed on the serving line, or on a separate table for use in dispensing such food items as melted butter, ketchup, mustard or dressings. It works like a charm. Cover the bottle with contact paper for a decorative effect and to cover the original label of the container.

Paraphrased from North Dakota Newsletter

Plastic Spoons

Some schools are washing and rinsing plastic spoons and forks. Plastic has a tendency to develop hair-line cracks, thus it cannot be washed thoroughly enough for a sanitary rinse. We have found that knowledgeable hospital and school food service directors discourage this practice.

Colorado Newsletter

No Food Should Leave Your School

The child feeding program is designed to serve *children*. All food acquired by your program must be served in your service institution.

No food, not even leftover food, is to be carried away from the premises by any person, including your lunchroom employees. USDA donated foods may never be sold, given away, or traded. In addition to food being misused, carrying food from the lunchroom can cause a serious public relations problem by causing people to lose faith in the integrity of your program and encourages overpreparation or leftovers which are costly.

Wyoming Newsletter

IDEAS FOR MARCH

March 17 - St. Patrick's Day

1. Use green parsley as a garnish on each plate.

2. Ask all school lunch personnel to wear green paper shamrock tags.

3. Menu: Irish Stew
   Shamrock Salad (Shredded Cabbage and Grapefruit Sections in Lime Gelatin)
   Hot Rolls and Butter
   Prune-Apricot Upside Down Cake
   Chilled Milk

4. Bulletin boards with Irish characters, shamrocks, white clay pipes, etc.

March 21 - First Day of Spring

1. Use a pastel frosting on cookies or cake.

2. Decorate a dull corner with fresh flowers or pussy willows, and a "Welcome Spring" message.

3. Garnish the customary tossed salad with colorful thin slices of radish, yellow squash, and cucumber and call it "Spring Salad".

April 2 - Easter

1. Serve whole hard boiled eggs which have been colored with food coloring as part of their Type A lunch.

2. Serving ladies wear Easter bonnets.

3. Serve Easter egg baskets: Fill cavity of peach or pear half with green tinted coconut. Place colored cream cheese balls, miniature marshmallows or jelly beans in each nest.

4. Make your favorite roll dough and let rise once. Roll small pieces of dough with palms to form ropes 1/3 inch thick and 10 to 12 inches long. To shape bunnies, tie ropes in loose knots, bringing ends up straight to form ears. Place on greased baking sheet 2 inches apart. Press in raisins for eyes. Brush bunnies with butter. Cover and let rise until double in bulk. Bake at 425° F 12 to 15 minutes. Frost ears with confectioner's sugar frosting.

KEY POINTS FOR HANDLING FRESH, FROZEN READY-TO-COOK TURKEYS

Frozen ready-to-cook turkeys must be properly handled during thawing, preparation, cooking, cooling, and serving to avoid spoilage, or serious food poisoning.

Storing

- Store turkeys in freezer in shipping containers.

- Keep hard-frozen at 0° F or below.

Thawing

- Remove from freezer storage *only* the number of turkeys needed for one day's use. Necks and giblets may be retained in freezer at 0° For below for later use.

- Thaw in original wrapper in refrigerator (35° to 40° F). Allow to 3 days to thaw frozen turkeys 18 pounds and over, and 1 to 2 days to thaw turkeys weighing less than 18 pounds.

OR

- Partially thaw in original wrapper in refrigerator and then place in *cold water* until completely thawed.

- *Do not* thaw at room temperature and *do not* thaw in warm water.

Preparing and Cooking

- After turkey is thawed, clean as necessary--washing turkey thoroughly inside and out in cold water.

- Cook turkey promptly. Or refrigerate and cook within 24 hours after thawing. *DO NOT REFREEZE.*

- Serve cooked turkey promptly.

For complete instructions on storing, thawing, cleaning, cooking, cooling, and serving turkey see Cards D-7, D-8, D-9 and D-10 in the USDA Card File--"Quantity Recipes for Type A School Lunches", PA-631.

From USDA

POTATOES BAKED IN CREAM

Plentiful potatoes can be featured in a gourmet version of Potatoes Baked in Cream, or in a more hearty one-dish meal like Ham and Potato Casserole.

1 quart diced potatoes
1 tablespoon minced onion
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons butter
1-1/2 cups cream, scalded

Put potatoes into a buttered 1-1/2 quart casserole; sprinkle with onion, salt and pepper. Dot with butter and add hot cream. Bake, uncovered, in a 350 degree oven about 1-1/2 hours. Makes 5 servings.

HAM AND POTATO CASSEROLE

1/2 teaspoon salt
1 cup chopped celery
1-1/2 cups boiling water
1-1/2 cups cubed potatoes
Milk
1/4 cup butter
1/4 cup chopped onion
1/4 cup flour
3/4 pound diced, cooked ham, bologna, or frankfurters
2 tablespoons chopped parsley
1 cup drained cooked peas
1/2 cup shredded Cheddar or Jack cheese

Add salt and celery to boiling water; cook for 10 minutes. Add potatoes and cook for 15 minutes longer. Drain, reserving liquid. Add enough milk to liquid to make 1-1/2 cups. Melt butter in saucepan, add onion and cook until transparent. Add flour and blend well; add milk mixture gradually and stir; cook 5 minutes. Stir ham or sausage, parsley, and peas into potato mixture. Pour into a greased 1-1/2 quart casserole; cover with milk mixture and sprinkle with cheese. Bake, uncovered, in a 350 degree oven about 1/2 hour. Makes 6 servings.

From: Factors in Food
Consumer & Marketing Service
USDA

PRUNES ARE PLENTIFUL

Here's a chance to give your patrons a treat. Prunes are versatile, tasty, and "dress up" meals throughout the day. An old standby with established popularity, prunes are suited to many new and imaginative uses. Old ways, new ways -- serve prunes often, while supplies are plentiful.

Preparation of Prunes

There are four basic methods of preparing prunes. Select the method most suitable to your menu needs. Remember prunes are delicious to eat as they come from the package...soaking or cooking is only necessary to prepare them for the various recipes.

1. COOK THEM AS THEY ARE...without soaking the prunes first. Place prunes in saucepan, cover with cold water, bring to boil and simmer for 25 to 30 minutes.

2. SOAK AND COOK METHOD...for prunes with a thicker syrup. Cook the prunes, after soaking about 3 to 4 hours...bring water covered prunes to a quick boil and simmer slowly about 3 to 5 minutes.

3. COLD WATER METHOD...plumped prunes to be used in baking or cooking are best when soaked in a covered container for about 24 hours. Use twice as much cold water as you have dried prunes.

4. BOILING WATER METHOD...if juice from the prunes is needed, or if you want prunes to serve for breakfast in their own juice, cover with twice as much boiling water as you have prunes, cover container and let prunes soak for 24 hours.

Beef Pot Roast With Prune Gravy

Season boned chuck roast with salt and pepper, stud with garlic slivers, brown evenly and add prune juice and whole dried prunes. Cover and simmer until fork-tender. Prepare gravy from the drippings and serve beef with prune gravy.

Chicken-Prune-Noodle Casserole

Arrange alternate layers of cooked noodles, diced cooked chicken in gravy and soaked, pitted prunes in a greased casserole. Cover generously with buttered bread crumbs. Bake in moderate oven about 20 minutes.

Paraphrased from USDA

GOOD EATING WITH PEACHES AND FRUIT COCKTAIL

The sign of good eating beckons folks who like canned peaches and fruit cocktail. This colorful, tasty team is a menu planner's delight. It's as handy as a can opener, as versatile as the imagination. Add canned peaches and fruit cocktail to the menu anytime, but especially while they are plentiful. It's a sign of good eating.

Peachy Chicken Salad

Team peach slices with diced chicken, celery, green pepper, and garlic croutons. Serve in a lettuce cup with salad dressing.

Festive Rice

Cook rice in juice drained from sliced peaches or fruit cocktail. Combine with whipped topping and the drained fruit.

Accent Fruit Cocktail

Mix fruit cocktail with sliced bananas, or sliced red-skinned apple, or plumped raisins, or fresh halved strawberries.

Fruited Gingerbread

Top gingerbread with sour cream, some drained fruit cocktail and a drizzle of honey.

From Cling Peach Advisory Board
San Francisco, California

CARROTS

...Sunny Meal Additions...

From crunchy curls and sticks to spicy cakes and breads, carrots are a sunny addition to any meal.

Quality Fresh Carrots

The United States Department of Agriculture's Consumer and Marketing Service says in buying high quality carrots look for those that are well formed, smooth, well-colored and firm. Avoid those with large green "sunburned" areas at the top and roots which are flabby or show spots of decay.

To maintain their eating quality, store carrots (tops removed) in your refrigerator in a plastic bag and use within 2 weeks.

Carrot Ideas

Small carrots are ideal to use raw as carrot sticks or for cooking whole. The larger carrots are used primarily for cooking and shredding.

Try these new carrot ideas:

SAUCY CARROTS

8 medium carrots
1/4 cup butter
Salt, pepper
1/4 cup prepared mustard
1/2 cup honey
2 tablespoons chives or parsley

Wash, pare and cut carrots diagonally into 1-inch slices (about 3 cups). Cook in boiling water until crisp-tender; drain. In a small saucepan combine butter, seasonings, mustard, honey and chives. Cook, stirring until well blended. Mix sauce gently with carrots. Heat for several minutes and serve. Makes 6 servings.

COCONUT CARROT SALAD

1 cup flaked coconut
1-1/2 cups shredded raw carrots
1/4 cup seedless raisins
1 cup fresh or canned pineapple chunks
2 tablespoons lemon juice
1/2 teaspoon ground ginger
1/4 cup sour cream or mayonnaise
Salad greens

Combine all ingredients except salad greens; mix well and chill. Serve on lettuce. Makes 5 servings.

From USDA

DEHYDRATED INSTANT MASHED POTATOES
(Flakes and Granules)

The dehydrated instant mashed potatoes now being offered to child nutrition programs by the Department of Agriculture are in two forms, flakes and granules. The potatoes have been cooked, mashed and dehydrated, resulting in a product not to exceed 8 percent moisture.

The potato flakes and granules are packed in cartons, bags, pouches or No. 10 cans.

Flakes are packed in 2½ pound (40 oz.) containers with 6 containers (15 pounds) per case.

Granules are packed in 2½ pound (40 oz.) containers with 12 containers (30 pounds) per case, or in 6 pound 2 oz. (98 oz.) containers with 6 containers (36¾ pounds) per case.

Storage

Store both forms of instant potatoes in a cool, dry place at 32°F to 70°F. Store opened potatoes in a refrigerator in air-tight containers.

Nutritive value

Dehydrated potatoes have been fortified with both vitamins A and C. One ounce of potato granules or flakes contains at least 1,000 International Units of vitamin A and at least 50 milligrams of vitamin C.

Yield

Four and three-fourths pounds of either flakes or granules yield 100 ½ cup servings of reconstituted mashed potatoes.

However, it requires about 3¾ gallons of flakes or about 2 qts. 2½ cups granules to yield 100 ½ cup servings.

Yield Information on Dehydrated Potatoes (Flakes and Granules) As Described in the Previous Section

Dehydrated Form	Size of Unit	Serving Size of Reconstituted Potatoes	Servings Per Unit	Number of Units Needed for 100 Servings
Flakes (1 lb dry = about 12-1/2 cups)	No. 10 can (40 oz)	1/2 cup	54.50	1.85
		1/4 cup	109.00	.92
	2-1/2 lb pkg (40 oz)	1/2 cup	54.50	1.85
		1/4 cup	109.00	.92
	Pound	1/2 cup	21.82	4.75
		1/4 cup	43.64	2.50
Granules (1 lb dry = about 2-1/4 cups)	No. 10 can (98 oz)	1/2 cup	129.70	.77
		1/4 cup	259.40	.38
	2-1/2 lb pkg (40 oz)	1/2 cup	52.90	1.90
		1/4 cup	105.80	.94
	Pound	1/2 cup	21.19	4.75
		1/4 cup	42.38	2.50

NOTE: Data in the above table has been adapted from the 1964 Food Buying Guide for Type A School Lunches, PA-270 and Quantity Recipes for Type A Schools Lunches (1971) PA-631.

Uses

Serve plain as a mashed vegetable (see recipe below) or in combinations with other foods, such as "Shepherd's Pie", card D-48, in "Quantity Recipes for Type A School Lunches", new, PA-631. Mashed potatoes may also be used as a base for serving creamed chicken or turkey, creamed dried beef, creole liver, etc.

Preparing Dehydrated Mashed Potatoes

Ingredients	100 Servings		Directions
	Weights	Measures	
Potato flakes	4 lb 12 oz	about 3-3/4 gal	1. *For flakes,* combine ingredients and stir 30 seconds.
or	or	or	or
Potato granules	4 lb 12 oz	about 2 qts 2-1/2 cups.	*For granules,* combine ingredients and stir 1 minute to moisten. Beat mixture 1/2 minute or until fluffy.
Butter or margarine	10 oz	1-1/4 cups	
Salt	1-1/4 oz	2 Tbsp	
Hot milk		2 qts 1-1/2 cups	
Hot water		1-3/4 gal	

SERVING: 1/2 cup--provides 1/2 cup vegetable
Cost per serving_____

From USDA

FROZEN FRENCH FRIED POTATO INFORMATION

The frozen french fried potatoes now being offered to child nutrition programs by the Department of Agriculture are partially cooked. They have been processed in accordance with good commercial practices and will meet the additional requirements specified below:

(a) Grade: U. S. Grade A;
(b) Fry color: Light or medium light;
(c) Style: Strips - crinkle cut;
(d) Cross Sectional Dimension: Not less than 3/8 by 3/8 and not more than 1/2 by 1/2 inch;
(e) Length: Medium or longer; (medium means 50 percent or more are 2 inches in length or longer)
(f) Oven Heating: The potatoes have been partially cooked. They have been processed to retain sufficient oil to allow their proper preparation by oven heating.

Packaging

The frozen french fried potatoes are packed in completely sealed 5-pound containers (polyethylene bags *or* kraft paper containers *or* cartons) with 6 containers (30 pounds) per case.

Storage

Store frozen french fried potatoes at O° F or below. Store in original shipping cases. Once opened, any unused portion of the frozen potatoes should be completely sealed and stored in the freezer. If the potatoes have been thawed but not cooked, *do not refreeze.*

Yield Information on Frozen French Fried Potatoes as Described in Previous Section (Crinkle cut-3/8 inch)

Size of unit	Serving size	Servings per unit size	Units needed for 100 servings
30-lb case	1/2 cup heated (about 9 pieces, 3 inches long)	220.00	.45
	1/4 cup heated	440.00	.23
5-lb pkg	1/2 cup heated	36.80	2.75
	1/4 cup heated	73.60	1.40
Pound	1/2 cup heated	7.36	13.60

Heating Frozen French Fried Potatoes

Remove from container only the quantity needed for one day's use. Estimate needs before removing container from freezer. (For quantity to use for 100 portions, see yield information for Frozen French Fried Potatoes listed above.)

Schedule heating of frozen potatoes so they will be served soon after they are cooked.

Length of time required to heat frozen potatoes differs with cut and thickness of potatoes, type of oven used for heating and oven load. Heat frozen french fried potatoes to the shortest time that will yield a palatable product.

Remove potatoes from freezer and *spread them evenly over 18 by 26 by 1 inch sheet pans.* Heat until potatoes have desired brownness using the timetable below as a guide. SERVE IMMEDIATELY.

Timetable for Heating Frozen Potatoes

Cut of potato	Amount of potatoes for 1 pan	Approximate heating time at 450° F	
		Deck oven	Convection oven
Frozen French Fries		minutes	minutes
Crinkle cut (3/8 inch)	2 lb 8 oz (yields about 18 1/2 cup servings)	20 to 26	14 to 15*

*This time is based on a 2 pan oven load. If a full oven load of 6 pans is heated increase the cooking time to 20 to 25 minutes.

From USDA

F3763-511.401-2/72

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TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

February, 1972

COMMODITY RECEIPT AND BILLING

The commodity receipt and billing for the period from November 1, 1971 through December 31, 1971 will be mailed to you soon. Please do not add or substract from the donated foods listed on the receipt and billing form.

CANCELLATION OF DEHYDRATED WHITE POTATO GRANULE ALLOCATION

This office received notification from the USDA that we would be receiving a shipment of dehydrated white potato granules. The granules were allocated and acceptance cards were sent to each program. After the acceptance cards were mailed this office was notified that dehydrated white potato flakes in 15-pound bags were purchased in place of the potato granules. This change necessitated a cancellation of the original acceptance cards. A new allocation was made, and acceptance cards were prepared and mailed.

COMMODITY BRIEFS

Dehydrated white potato flakes and frozen french fries will be distributed to school food service programs.

The dehydrated flakes will be fortified with 1000 I.U. per ounce of vitamin A and 50 miligrams per ounce of vitamin C.

The french fries will be crinkle cut in strips and processed to allow preparation by *oven heating. No deep fat frying is needed.* These potato products must be used within the *current school year. No carryover is permitted.*

FROZEN FRENCH FRIED POTATOES

The frozen french fries which you will receive are completely cooked. Heating in an oven prepares them for serving. Also included in this newsletter is a supplement for frozen french fried potatoes. Please insert this guide on page 56 of your *Food Buying Guide.*

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentiful for the month of February 1972. It is suggested that local availability and price be considered when purchasing eggs, oranges, grapefruit, winter pears, pitted prunes, canned fruit cocktail, peanuts and peanut products, potatoes and potato products, hominy grits, prune juice, split peas, canned corn and apples.

ALLOCATION OF PEACHES AND POULTRY

There has been a double allocation of canned boned poultry and canned peaches. The two allocations of peaches will be combined into one shipment as will the two allocations of canned boned poultry.

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VEGETABLES, FRUITS

FROZEN FRENCH FRIED POTATOES (Insert on page 56 of the Food Buying Guide)

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
POTATOES					
Frozen					
French fries, regular.					
Straight cut-	Pound-----	7.69	1/2 cup heated----- (about 10 pieces, 3 inches long)	13	1 lb. AP=0.7 heated.
		15.38	1/4 cup heated-----	6-1/2	
Crinkle cut--	Pound----	7.36	1/2 cup heated----- (about 9 pieces, 3 inches long)	13-3/4	1 lb. AP=0.6 heated.
		14.72	1/4 cup heated-----	7	
French fries, thin.					
Straight cut-	Pound-----	8.33	1/2 cup heated----- (about 14 pieces, 3 inches long)	12	1 lb. AP=0.76 heated.
		16.66	1/4 cup heated-----	6	
Crinkle cut--	Pound-----	8.00	1/2 cup heated----- (about 11 pieces, 3 inches long)	12-1/2	1 lb. AP=0.7 heated.
		16.00	1/4 cup heated-----	6-1/4	
French fries, shoestring.					
Straight cut-	Pound-----	8.78	1/2 cup heated----- (about 23 pieces, 3 inches long)	11-1/2	1 lb. AP=0.7 heated.
		17.56	1/4 cup heated-----	5-3/4	
Crinkle cut--	Pound-----	7.91	1/2 cup heated----- (about 26 pieces, 3 inches long)	12-3/4	1 lb. AP=0.8 heated.
		15.82	1/4 cup heated-----	6-1/2	
French fried rounds.	Pound-----	6.55	1/2 cup heated----- (about 9 pieces)	15-1/2	1 lb. AP=0.8 heated.
		13.10	1/4 cup heated-----	7-3/4	

U.S. Department Of Agriculture, Food and Nutrition Service, Releases Information On Textured Vegetable Protein Products

Recently, the U.S. Department of Agriculture, Food and Nutrition Service, granted permission for textured vegetable protein products to be used in combination with uncooked ground or diced meat in the form of meat patties, meat loaves, meat sauces, meat stews, or similar foods made with poultry or fish. An acceptable product can be made which contains up to a maximum of 30 parts of hydrated textured vegetable protein to 70 parts of uncooked meat, poultry, or fish. The hydrated textured vegetable protein is to have a maximum moisture content of 60 to 65 percent. Given below are the U.S. Department of Agriculture (USDA) specifications for textured vegetable protein products (B-1) as stated in the USDA Food and Nutrition Service Notice 219.

Ingredients

The textured vegetable protein product shall be made from food grade oilseed or cereal flours or derived protein concentrate or isolates, alone or in combination with one or more of the optional ingredients that follow: edible fats or oils, carbohydrates, binders, stabilizers, natural or artificial flavors, colors, amino acids, vitamins, and minerals.

All ingredients shall be in conformity with the requirements of the Federal Food, Drug and Cosmetic Act and regulations pursuant to that Act as applicable.

Chemical Composition

Textured vegetable protein shall meet the compositional requirements that follow. All values are expressed on the dry basis and are applicable to dry or hyrdrated forms of the product. Moisture content of the hydrated form shall not exceed 65 percent or be less than 60 percent. Analytical methods employed shall be those prescribed in official and tentative Methods of Analysis of the Association of Official Agricultural Chemists (10th edition), 1965.

	Minimum	*Maximum*
Protein[1], weight %	50.0	
Fat, weight %		30.0
Magnesium, mg/100g	70.0	
Iron, mg/100g	10.0	
Thiamin, mg/100g	0.30	
Riboflavin, mg/100g	0.60	
Niacin, mg/100g	16.0	
Vitamin B_6, mg/100g	1.4	
Vitamin B_{12}, mcg/100g	5.7	
Pantothenic acid, mg/100g	2.0	

[1]Nitrogen times 6.25

Biological Value of Protein

The protein efficiency ratio (PER) of the textured vegetable protein shall be not less than 1.8 on basis of PER equals 2.5 for casein. The PER of a meat-textured vegetable protein combination shall be not less than 2.5. The PER shall be determined by the method "Biological Evaluation of Protein Quality" in Methods of Analysis of the Association of Official Agricultural Chemists (10th edition), 1965.

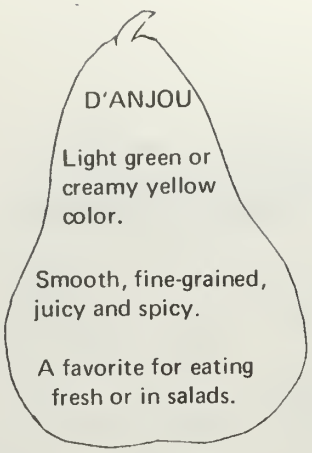
If a school district plans to use a product which contains textured vegetable protein, they should request from the vendor the items that follow:

- A copy of a letter certifying that the textured vegetable protein product used meets U.S. Department of Agriculture specifications as previously outlined in this article.
- A copy of the formula used in the manufacture of the product; for example, beef patties might contain 80 pounds meat, 20 pounds textured vegetable protein, and 1 pound seasoning.
- A copy of the manufacturing procedure used in preparing the product.

In addition, a district might wish to write its own specifications. A specification for meat patties could include the grade of ground meat to be used; the ratio of hydrated textured vegetable protein to uncooked meat; and the manufacturing procedures to be used in preparing the product. If a school district plans to use a textured vegetable protein product in its own kitchens, the school food service director must obtain a copy of the U.S. Department of Agriculture approved letter from the vendor for the textured vegetable protein product to be used.

When used in menu planning as part of the protein requirement, textured vegetable protein products will be given the same factor as that of the animal protein with which they are combined. The proportion of hydrated textured vegetable protein product to uncooked meat, fish, or poultry shall not exceed 30 parts to 70 parts respectively on the basis of weight.

From: California State Dept. of Education
Bureau of Food Services
September, 1971



FRESH WINTER PEARS

Fresh winter pears of the D'Anjou variety are now being offered to schools, institutions and other child feeding programs. Sweet, juicy, "firm-ripe" winter pears are one of the few fresh fruits available during the winter months, and regardless of the variety are a particularly welcome addition to your menus. Mature, fresh pears usually picked and packed green, ripen to perfection when properly stored and handled.

Before serving D'Anjou pears in the lunch program, use some means of informing students of the fruits' ripeness. Since the pears do not turn yellow, children tend to reject them.

STORE WINTER PEARS IN THEIR WRAPPERS IN SHIPPING CONTAINERS

TO STORE UNRIPENED WINTER PEARS - Winter pears keep best at cold storage temperatures of 35° F or lower (down to 30°F).
NOTE: Schools may need to store the winter pears at temperatures of 40°F to 45°F. However, this will shorten the keeping time of the pears.

TO RIPEN WINTER PEARS - Ripen at temperatures of 60-70°F (room temperature) for best quality and flavor. Winter pears will ripen under these conditions in 6 to 10 days.

TO STORE RIPE WINTER PEARS - Store ripened pears at temperature of 45° F or lower.

WINTER PEARS READY TO USE - When flesh yields readily to *slight* pressure. (Color is not a reliable guide to ripeness.)

SERVE JUICY, SWEET, "FIRM-RIPE" PEARS:

RAW -- Washed and chilled for eating out of hand.

-- in fruit cups, peeled and cubed, with peaches, apples, grapes, bananas and oranges.

-- in salads -- halved and sprinkled with grated cheddar cheese or filled with a cream cheese-nut ball -- or sectioned and topped with your favorite sour cream or cooked salad dressing.

-- molded in raspberry-red gelatin with bits of apples and celery tucked in; or in a lemon and lime gelatin mixture sparkling with maraschino cherries and tiny marshmallow pieces.

BAKED -- with ruby sauce made with cinnamon flavored cranberries.

-- cooked with butter and crushed flaked cereal and garnished with mint jelly or strawberry preserves.

-- stuffed with a mixture of buttered bread crumbs and grated parmesan or cheddar cheese; or a date-nut or raisin-nut mixture.

-- glazed with honey, lemon juice, cinnamon and butter; or a mixture of orange and lemon juice spiced with a bit of finely chopped ginger; or a light corn syrup flavored with cinnamon and cloves.

-- scalloped with sliced cooked sweet potatoes and brown sugar.

-- in a cobbler, crunch or crisp; or combined with brown sugar, cinnamon and butter as a topping for plain cake.

FROM: U.S. Department of Agriculture

FRESH APPLES

A wide variety of fresh apples is now being offered to schools and other eligible outlets. All potential users should accept apples only in amounts they are able to refrigerate and use at the peak of quality. If the quantity accepted makes it necessary to use commercial storage, it is recommended the apples be stored at 30° - 32°F, 90 percent relative humidity, for no longer than 4 weeks. The apples should also be checked periodically during this storage period and sorted as needed.

USE - The type of apple determines its use. The following list may be used as a guide when planning menus using fresh apples:

Variety	Fresh and Salads	Pie	Sauce	Baking
Golden Delicious	X	X	X	X
Rome Beauty	X	X	X	X
Stayman	X	X	X	X
Winesap	X	X	X	X
Yellow Newton	X	X	X	X
Northern Spy	X	X	X	X
Jonathan	X	X	X	
McIntosh	X	X	X	
Red Delicious	X			

--Discoloration of peeled apples may be prevented by adding lemon juice to water and pouring over peeled apples, or by placing apple slices into a pan of cold, lightly salted water.
--Serve fresh apples often for eating out of hand or for use in a tasty waldorf salad.
--Use fresh apples for making applesauce, apple cobbler, apple crisp or apple pie.
--Bake apples plain or stuffed with raisins.
--Recipes in PA-631, Quantity Recipes for Type A School Lunches which use fresh apples:

C-3	Apple Crisp	E-9a	Jellied Cranberry - Pear Salad
C-3a	Cheese-Apple Crisp	E-20	(E-16) Waldorf Salad
C-13	Cranberry Crunch	E-20a	(E-16a) Date-Waldorf Salad
E-9	Jellied Cranberry - Fruit Salad	E-20b	(E-16b) Grape-Waldorf Salad
J-10	Baked Sweet Potatoes with Apples		

FROM: U.S. Department of Agriculture

BROILER-FRYERS

Broiler-Fryers are one of the most reasonably priced meats on the market today. Various food safety tips for broiler-fryers are as follows:

1. All poultry is perishable. Care and cleanliness should be used in the preparation, cooking and serving of poultry products.

2. Keep frozen poultry hard frozen until time to thaw and cook promptly after thawing.

3. Use fresh chilled poultry within one to two days.

4. Completely cook poultry at one time. Never partially cook, then store and finish cooking at a later date.

5. Left over cooked poultry, broth, stuffing and gravy should be separated, covered and refrigerated. Use within one to two days. Freeze for longer storage.

Paraphrased from U. S. Department of Agriculture Publication

TEXTURED VEGETABLE PROTEIN PRODUCTS

Textured Vegetable Protein (TVP) should be hydrated, that is water added to it at the rate of two parts water to one part TVP by weight.

Textured vegetable protein products used to meet part of the protein requirement should be assigned the same factor as that of the animal protein with which it is combined.

Example: If TVP is used in a meat loaf, which includes eggs, the following amounts could be used for 100 servings:

	Factor	Serving
10 lbs. ground beef (25% fat or less)	6.00	60
3 lbs. *hydrated* vegetable protein	6.00	18
25 eggs	1	25
		103

Be sure when weighing out the textured vegetable protein for combining with your meat that you weigh *after* the water has been added to it.

From: Utah Newsletter

COOK'S CORNER

CAUTION

1. Be sure to use plastic gloves or tongs when serving all hand foods such as breads, cookies, cake slices, fresh fruit etc.
2. Mix all foods with the proper tools, *not the hands.* Hands may be a source of infection that could cause food poisoning.

SERVING LINE

If your serving line is not moving fast enough, observe every day to see what the slow up is. Occasionally we hear of one where the line is completely stopped while the counter is replenished. Sometimes it is the counter-cashier arrangement. A fast service requires planning and teamwork. Team members need a clear understanding of their part of the team.

PORTION CONTROL

Proper serving equipment is essential in order to control the size of serving which each student receives from the school food service line. Portions must be controlled if yields given in the *Food Buying Guide for Type A School Lunches* page 270 are to be obtained. School food service departments should be equipped with scoops, ladles, serving spoons and other portioning equipment. The recipe file cannot be depended upon to give the number of portions specified unless standard portioning equipment is used.

SCOOPS

The number of the scoop indicates the number of scoopfuls it takes to make one quart. The following table shows the level measures of each scoop in cups or tablespoons.

Dipper or Scoop No.	Level Measure	Dipper or Scoop No.	Level Measure
6	2/3 cup	20	3-1/5 tablespoons
8	1/2 cup	24	2-2/3 tablespoons
10	2/5 cup	30	2-1/5 tablespoons
12	1/3 cup	40	1-3/5 tablespoons
16	1/4 cup		

Scoops are to be used for portioning such items as drop cookies, muffins, meat patties and some vegetables and salads.

LADLES

The following sizes of ladles are most frequently used for serving school lunches: 1/4 cup, 1/2 cup, 3/4 cup, and 1 cup.

SERVING SPOONS

Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food desired for a serving size and choose a spoon which will serve this amount.

Servers on the cafeteria lines should be instructed each day on the size of portion to place on the plate. Scoops, ladles and other serving equipment of the proper size should be provided. Operators must be instructed in the proper way to use equipment.

Paraphrased from South Carolina Newsletter

QUANTITY RECIPES FOR TYPE A SCHOOL LUNCHES

A new August 1971 edition of *Quantity Recipes for Type A School Lunches* has been published by the USDA. When received, recipe files are the property of the school. This new edition has been brought up-to-date and expanded. Recipes have been improved in quality to increase acceptability or to simplify methods of preparation.

The following improvements have been made in the file:

1. The terminology of "protein rich food" has been changed to "meat and meat alternate."

2. The butter requirement is shown as one teaspoon.

3. Fat has been reduced in the recipes whenever possible.

4. Simplified procedures, such as a new method for preparing yeast breads and for preparing lasagna from uncooked noodles, are included.

5. Many favorite recipes such as peanut butter cake, country fried steak and oven baked doughnuts, are among the new recipes included.

6. Additional basis information has been included on eggs (shell, frozen and dried), on instant and non-instant nonfat dry milk and on the use of convection ovens.

Yield information in the 1971 edition of the recipe card file has been developed from the data listed in the current *Food Buying Guide for Type A School Lunches* on page 270.

Managers and operators should use standarized recipes for dishes prepared in school food services as the recipes should yield a uniform product. Here is your chance to try some new recipes that have been standarized. The following recipes are included for the first time in the 1971 edition of the Recipe Card File:

Paraphrased from South Carolina Newsletter

B -- CEREAL PRODUCTS

B-6 Caramel-Peanut Butter Rolls
B-8 Cornmeal Yeast Rolls
B-11 Rice Pilaf
(a) Mock Wild Rice Pilaf

C -- DESSERTS

C-10 Chocolate Cakes
C-12 Cornmeal Cookies
C-17 Orange Whip
C-18 Oven-Baked Doughnuts with Frosting
C-20 Peanut Butter Cake
C-24 Tropical Apples

D -- MAIN DISHES

D-1 Cooking Dry Beans and Split Peas (1965 card included dry beans only)
D-12 Baked Cod Fillets with Puffy Cheese Sauce
D-13 Baked Cod Fillets in Spanish Sauce
D-21 Chicken and Noodles
D-25 Corn Grits-Cheese Casserole
D-26 Country Fried Steak
D-36(c) Meat Balls
(d) Peanut Butter-Meat Balls
D-38 Nutty Fish
D-40 Oven-fried Cod Fillets
D-41(a) Barbecued Liver
D-50 Split Pea-Beef-Rice Casserole
D-52 Tamale Pie
D-54 Turkey-Dressing Supreme

E -- SALADS

E-5 Cheese-Macaroni Salad
E-7 (b) Creamy Cole Slaw
E-15 Salmon-Macaroni Salad
(a) Canned Shrimp-Macaroni Salad
(b) Mackerel-Macaroni Salad
(c) Shrimp-Macaroni Salad
(d) Tuna-Macaroni Salad
E-16 Sauerkraut Salad
E-19 Tuna-Apple Salad
(a) Canned Shrimp-Apple Salad
(b) Mackerel-Apple Salad
(c) Salmon-Apple Salad
(d) Shrimp-Apple Salad

F -- SALAD DRESSINGS

F-2 (a) Cream French Dressing

G -- SANDWICHES

G-7 Salmon Barbecue on Roll
(a) Mackerel Barbecue on Roll
(b) Tuna Barbecue on Roll
G-9 Tuna Salad Sandwich
(a) Canned Shrimp Salad Sandwi
(b) Mackeral Salad Sandwich
(c) Salmon Salad Sandwich
(d) Shrimp Salad Sandwich

H -- SAUCES AND GRAVIES

H-1 Barbecue Sauce
H-3 Cherry Sauce
(a) Pineapple Sauce
H-4 Creole Sauce
H-5 Custard Sauce

I -- SOUPS

I-4 Manhattan Clam Chowder
(a) Manhattan Cod Chowder
(b) Manhattan Flounder Chowder
(c) Manhattan Ocean Perch Chowder

I-7 Shrimp Gumbo
(a) Canned Shrimp Gumbo

J -- VEGETABLES

J-12 Creamed Cabbage
(a) Creamed Cabbage with Cheese
(b) Creamed Cabbage with Peanuts
J-18 Savory Peas

J-20 Spanish Cabbage
J-21 Squash in Dill Sour Cream Sauce
(a) Squash in Nutmeg Sour Cream Sauce

IDEAS FOR FEBRUARY

So many holidays provide an excellent opportunity to promote the school lunch program. Try to remember the holiday with some special menu or activity. In addition to those idease listed here, there are many other ways to celebrate special days and events.

Groundhog Day

"Groundhog" Meat Balls (Beef and Rice)
Tossed Salad
Bread and Butter
Cherry Cobbler
Milk

Lincoln's Birthday

Lincoln Log Rolls (Barbequed Spareribs)
Mashed Sweet Potatoes
Green Beans
Honest Abe Ambrosia (Coconut Covered Orange Slices)
Hot Rolls and Butter
Milk

Since Lincoln wrote the Emancipation Proclamation, integrate some chocolate and white batter for cupcakes. Set a small American flag (can be purchased in a variety store) in top of cupcakes.

Fashion miniature stovepipe hats from biscuit dough, placed atop casserole of well-seasoned chicken, potato and corn, and bake until browned.

St. Valentine's Day

Have students in elementary grades make place mats cut in a heart shape. Bake heart shaped cookies or cake and frost with cherry vanilla cream frosting. C-26 (C-25)

Serve little baskets of fruit pieces with coconut and nuts as a valentine from the cooks.

Use pink tinted coconut over your favorite frosting and place a heart-shaped candy on top.

Washington's Birthday

Center decorations around a patriotic theme using red, white and blue streamers, small American flags, etc.

Serve a cherry pie or cherry tarts.

Bake cookies like miniature hatchets.

Basketball Tournament

Bake large round cookies and decorate with a "Good Luck" message. Request the help of the cheerleaders or Pep Club to help decorate the cafeteria with streamers and placemats on which a cheer or message of luck is written.

WHOLE WHEAT ROLLS (Refrigerated)
(100 Portions)

Ingredients

2-1/4 ozs. compressed yeast*
(4 cakes, 3/5 oz. each)
3-3/4 cups lukewarm water
1 cup molasses
About 2 lbs. sifted enriched flour
(about 2 qts.)
1 lb. 6 ozs. whole wheat flour
(1-1/4 qts.)
6 ozs. (1-1/2 cups) nonfat dry milk
1-1/4 ozs. (2-1/2 T) salt
4 ozs. (1/2 cup) fat

Directions

1. Add crumbled yeast to lukewarm water in an 8- to 10-quart bowl. Stir after 10 minutes. Mix in molasses.

To Mix by Hand

2. Blend dry ingredients, saving out 2 cups of the white flour. Melt fat. Place about two-thirds of the blended dry ingredients on top of yeast mixture. Mix slightly. Add melted fat and beat until smooth. Add remaining dry ingredients except saved-out flour and mix well. If dough is very soft and sticky gradually add enough saved-out flour to form a moderately soft dough.

3. Knead on floured board until dough is smooth and elastic.

To Mix by Machine

2. Blend dry ingredients, saving out 2 cups of the white flour. Add blended ingredients with the unmelted fat to the yeast mixture.

3. Mix 10 to 15 minutes at low speed, using the dough hook, until dough is smooth and elastic and leaves the sides of the bowl. If after the first 2 minutes the dough is very soft and sticky, gradually add enough saved-out flour to form a moderately soft dough.

4. Form dough into a smooth ball. Place in a greased bowl and turn to grease top.

5. Cover and let rise in a warm place (about 85°F) about 1 hour.

6. Cover and refrigerate overnight.

7. The next morning, cut dough into 4 equal portions. Form each portion into a ball, cover and let rest on table top until soft enough to handle (about 1/2 hour).

8. Shape dough into 100 small rolls (1 ounce, or 1-1/4 inches in diameter). Place on a lightly greased sheet pan (15 by 24").

9. Let rise in a warm place (about 85°F) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).

10. Bake about 20 minutes in moderately hot oven (400°F).

*1-1/8ozs. or 4 small packages active dry yeast may be used.

Portion: 1 roll
Yield: 100 1-oz. rolls

USDA - Bureau of Human Nutrition and Home Economics

RAISIN WHEAT BREAD

Weights		*Ingredients*
15 Loaves	*25 Loaves*	*Ingredients*
7 lbs., 2 ozs.	10 lbs., 4 ozs.	Whole wheat flour
1 lb., 9 ozs.	2 lbs., 10 ozs.	Cracked grain (wheat)
4-1/4 ozs.	7 ozs.	Vital gluten
5 lbs.	8 lbs., 5 ozs.	Water (variable)
3-3/4 ozs.	6 ozs.	Yeast
1/2 oz.	3/4 oz.	Yeast food
2-1/8 ozs.	3-1/2 ozs.	Salt (variable)
8-1/2 ozs.	14 ozs.	Butter and/or margarin
4-1/4 ozs.	7 ozs.	Clover honey*
5 ozs.	8 ozs.	Brown sugar
7-1/2 ozs.	12-1/2 ozs.	Nonfat dry milk
7-1/2 ozs.	12-1/2 ozs.	Whole eggs
5/8 ozs.	1 oz.	Vanilla (optional)
1/8 oz.	1/4 oz.	Lemon juice (optional)
5 lbs., 9 ozs.	9 lbs., 4 ozs.	California raisins, dark, golden or both

Directions

1. Place all ingredients except raisins in mixer and mix until a fairly elastic dough of medium consistency is obtained.

2. Add the raisins at this point and mix only enough to incorporate them properly (one - not more than two minutes).

3. Bring dough from mixer at 79° F. Allow dough to ferment for 1-3/4 to 2 hours prior to scaling, rounding, intermediate proof and subsequent processing.

Portion: 1 loaf - 20 slice yield
California Raisin Advisory Board

*For added flavor variation, the honey may be replaced by molasses.

PRUNE WHEAT MUFFINS
(12 to 15 muffins)

Ingredients

1 cup prunes
1 cup sifted flour
2 t baking powder
1 t salt
1/2 t soda
1/2 t cinnamon
1/4 t nutmeg
1/3 cup brown sugar
1 cup whole wheat flour
1 egg
1 cup buttermilk or sour milk
1/4 cup melted shortening

Directions

1. Cut prunes from pits into large pieces.

2. Sift together flour, baking powder, salt, soda and spices.

3. Stir in sugar and whole wheat flour.

4. Beat egg lightly and combine with buttermilk and shortening. Stir into dry mixture, blending only until all of flour is moistened.

5. Add prunes and mix lightly.

6. Spoon into greased muffin pans. Top with additional prune halves if desired.

7. Bake in 400°F oven about 20 minutes.

From: U.S. Department of Agriculture

APPLE NUT BREAD

Ingredients

1 cup, packed brown sugar
2 qts. whole wheat flour
1 qt., sifted all-purpose flour
1 T baking soda
3 T double action baking powder
2 T salt
1 pt. chopped or broken nut meats
4 eggs, beaten
1 cup shortening, melted
2 qts. canned apple sauce
1 pt. light molasses

Directions

1. Combine the dry ingredients: Sugar, flours, soda, baking powder and salt. Add nuts and mix well.

2. Combine moist ingredients: Eggs, shortening, apple sauce and molasses. Mix well.

3. Add the moist to the dry ingredients and stir only until evenly combined.

4. Divide evenly into margarined loaf pans. Let stand 15 to 20 minutes.

5. Bake at 350° F for 1-1/4 hours or until done and slightly browned.

6. Turn on cake rack to cool.

7. When cool, store in tin or plastic. Cover closely and place in refrigerator overnight before slicing.

Total Yield: 5 loaves (2 lbs. each)
No. of Slices: 20 per loaf
Size of Portion: 4 slices, (two sandwiches)

Size of Pan: 8 1/2 x 4 1/2 x 3"
Portions per Pan: 5 to 6 if 2 sandwiches

WHOLE WHEAT DILL BUNS
(100 Portions)

Ingredients

2-1/2 ozs. (1/2 cup) active dry yeast
1 pt. water (110°F)
4 ozs. (1/2 cup) butter or margarine
8 eggs
4 lbs. (2 qts.) creamed cottage cheese, small curd
1/3 cup dill seed
3 T dehydrated onions (soaked in 3 Tbsp. water)
1 cup (7-1/2 ozs.) sugar
3 T (2 ozs.) salt
2 lbs., 8 ozs. whole wheat flour
3 lbs. all-purpose flour

Directions

1. All ingredients should be room temperature.

2. Dissolve yeast in warm water in mixer bowl.

3. Add remaining ingredients and mix well with dough hook.

4. Add enough all-purpose flour to make a smooth dough. Mix until dough leaves sides of bowl. Let rise about 30 min. Punch down. Scale into 2 oz. buns. Place on greased bun pan. Let rise. Bake at 400°F (hot oven) 15 minutes or until brown.

Portion: 1 bun provides a serving of bread
Kansas Wheat Commission
Foods and Nutrition Division

WHOLE WHEAT BREAD
(100 Portions)

Ingredients

4-1/2 ozs. compressed yeast*
(8 cakes, 3/5 ozs. each)
2-1/4 qts. lukewarm water
About 3-1/2 lbs. sifted enriched flour
(About 3-1/2 qts.)
3-1/2 lbs. whole wheat flour (3-1/4 qts.)
7 ozs. (1-3/4 cups) nonfat dry milk
7 ozs. (7/8 cup) sugar
3 ozs. (1/3 cup) salt
7 ozs. (7/8 cup) fat

Directions

1. Add crumbled yeast to lukewarm water in a 10 to 15 quart bowl. Stir after 10 minutes.

To Mix by Hand

2. Blend dry ingredients, saving out 1 quart of white flour. Melt fat. Place about 2/3 of the blended dry ingredients on top of yeast mixture. Mix slightly. Add melted fat and beat until smooth. Add the rest of the dry ingredients and mix well. If dough is very soft and sticky, gradually add enough saved-out flour to form a moderately soft dough.

3. Knead on a floured board until dough is smooth, satiny and elastic.

To Mix by Machine

2. Blend dry ingredients, saving out 1 quart of the white flour. Add blended ingredients with the unmelted fat to the yeast mixture.

3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth, satiny and elastic and leaves the sides of the bowl. If after 2 minutes of mixing the dough is very soft and sticky, gradually add enough saved-out flour to form a moderately soft dough.

4. Form dough into a smooth ball. Place in a greased bowl and turn to grease top.

5. Cover and let rise in a warm place (about 85°F) until increased 2 to 3 times in volume (about 1-1/4 hours).

6. Punch down. Cut into 12 equal portions. Round each portion into a ball, cover and let rest on table top for about 15 minutes.

7. Shape into loaves and place in lightly greased pans (3-1/2 x 9" or 4 x 8").

8. Let rise in a warm place (about 85° F) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).

9. Bake 35 to 40 minutes in a moderately hot oven (400° F). A small pan of water placed in the oven gives a tender crust.

*2-1/4 ozs. of 8 small packages active dry yeast may be used

Portion: 2 slices
Yield: 12 1-pound loaves

USDA - Bureau of Human Nutrition and Home Economics

BOSTON-BROWN BREAD

See Quantity Recipes for Type A School Lunches - B-4 (B-2).

THIRD-CLASS

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DOLORES COLBURG
Superintendent of Public Instruction
Helena, Montana 59601

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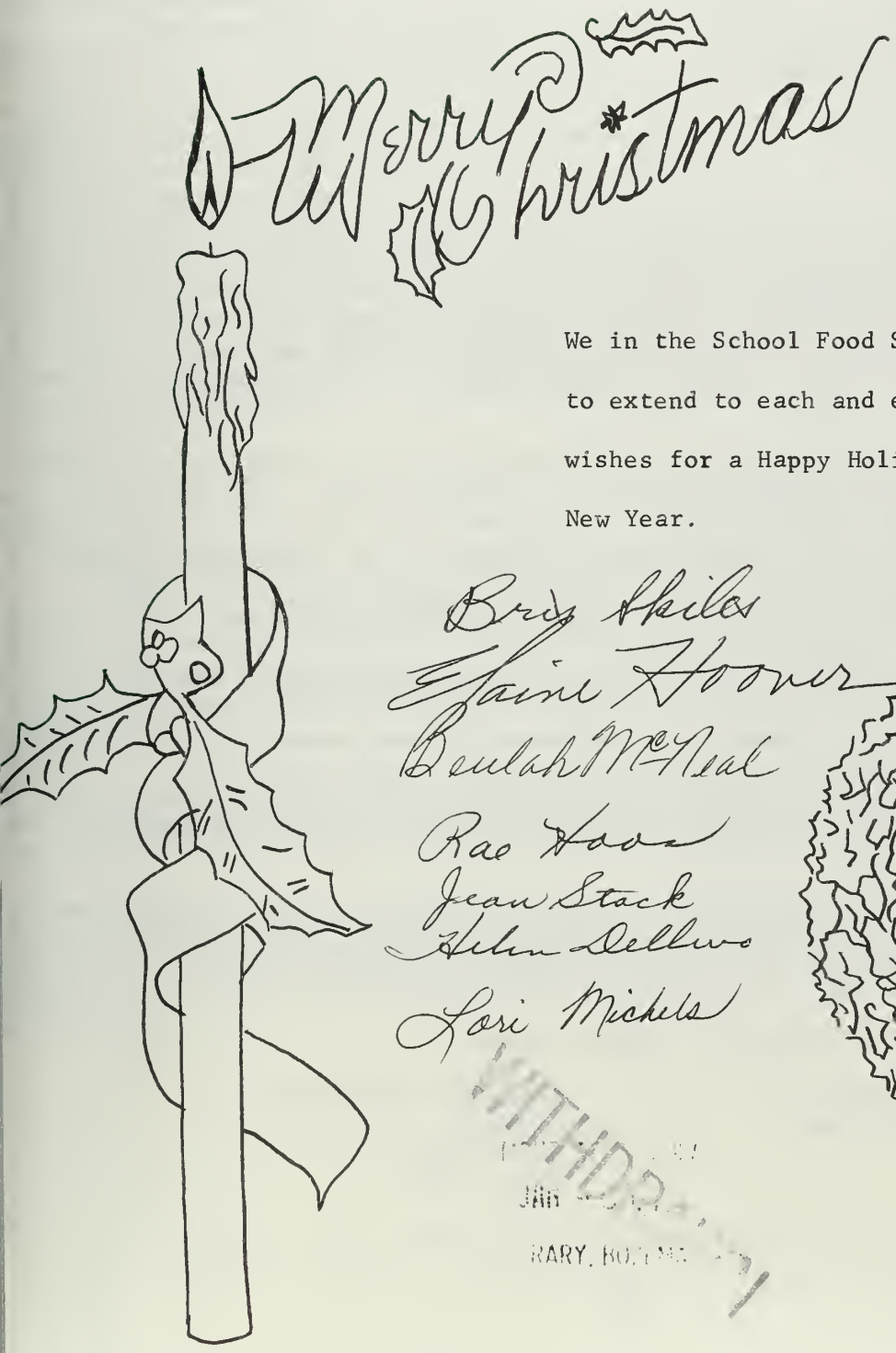
Dolores Colburg, Superintendent
Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

NOVEMBER-DECEMBER 1971



We in the School Food Services office, wish to extend to each and everyone of you our good wishes for a Happy Holiday Season and a rewarding New Year.

Bridy Shiles
Elaine Hoover
Beulah McNeal
Rae Hoover
Jean Stack
Helen Dellwo
Lori Michels

WITHDRAWN
JAN
RARY, BOZEMAN

CHANGE IN PERSONNEL

We are happy to announce that Mrs. Montez Briggs, former School Food Services secretary, is now secretary to Jack Koetter, Director of General Support for Schools Educational Program. Mrs. Lori Michels replaced Mrs. Briggs in School Food Services.

Also we welcome Mrs. Helen Dellwo who has joined our staff as Assistant Food Distribution Clerk.

It was with a deep feeling of loss that we received news of the death of Rodney A. Ashby, recently retired School Food Services Director for the state of Utah. Rod will be remembered by many of us in Montana for his untiring dedication to feeding children and for his stimulating baking demonstrations presented at our 1960 and 1968 workshops.

MAKING NEWS NOW

A pilot project to determine the feasibility of using a canned entree, the so called "cup can" approach for school lunches in small schools or larger attendance centers with no programs, began in Elliston, Montana November 1, 1971. This program is being sponsored by the local district, with assistance from School Food Services. To date the average daily participation has been over 80 percent. Although no long term evaluation can be made yet, the program has every indication of being a success.

HELPFUL TIPS ON USDA FOOD DISTRIBUTION

A number of schools have reported a shortage on a shipment to our office but failed to notify us of its delayed reception. School officials should check with locker plants or stores where USDA foods are shipped before reporting a shortage.

Please do not sign freight receipts before carefully checking the amount and condition of the USDA food. If the shortage or damage is not noted on the school's copy and the agent's copy of the waybill, the signature of your representative absolves the carrier of any liability and could result in a claim against your program. When a shipment of USDA foods is delivered short or damaged to your school, please send a copy of your freight bill to this office to expedite filing and settlement of claims against carriers.

Many food acceptance cards and receipts are returned incomplete, usually without a signature. Please refer to your Commodity Instructions and Records booklet, which your program received in the fall mailing, concerning this matter.

We have some of each of the following USDA foods in Helena:

Whole Wheat Flour	Vegetable Shortening
Dry Red Kidney Beans	Cornmeal
Rice	Rolled Oats
Salad Oil	Split Peas

If your program can utilize any of these foods, please write us specifying the amount you would like sent.

CHANGE IN WHOLESALE VALUE OF USDA FOODS

In Montana there is much variation between the listed San Francisco wholesale value of USDA donated foods and the amount Montana schools must pay for foods they purchase. Therefore, we are no longer going to list San Francisco wholesale values. Since there is also variation in cost of foods to schools within the state, we are using Helena, Montana wholesale values when filing claims against carriers.

May we suggest when you are cost accounting your meals that you use the actual cost of food that your school would have to pay for the quality of USDA food used.

NONFOOD ASSISTANCE FUNDS

Eighteen Montana schools are participating in the School Food Services program for the first time this year and three schools are resuming the program. With the help of nonfood assistance funds the high school, junior high school and elementary schools in Columbia Falls resumed school food operations using a prepackaged, frozen meal that when heated and supplemented with donated foods meets Type A lunch requirements. This lunch is being satellited to five new schools in the Columbia Falls district. In addition five elementary schools in Butte, three elementary schools in Billings, one in Helena, the junior high in Sidney, both the high school and elementary schools in Harlowton and the elementary school in Elliston have been able to begin school lunch programs. A total of 7,229 children from the above is able to eat a nutritous Type A lunch at school and the September and October claims indicate that well over half of them are enjoying their lunches.

In addition to the new schools, 62 other attendance units in 30 districts have been able to purchase needed equipment to serve enrollment which is increasing because other rural schools are closing. As a result their inadequate kitchen and lunchroom facilities are being equipped to meet the needs of more students.

Federal funds obligated for payment for Nonfood Assistance projects for the 1970-71 school year and for those preparing to start the 1971-72 year totalled $284,158. School districts matched these funds by 25 percent so that the total projects were well over $330,000. The total number of students benefiting from the program is 28,559.

Some of the more popular items purchased were freezers, convection ovens, dishwashers and heavy duty mixers. School districts setting up satellite operations were able to purchase vans as well as food carriers.

What about the 1971-72 funds? We will only have approximately one-third the amount we had last year. Letters explaining priorities and procedures were mailed to all schools in the state October 1, 1971. If you need further information please feel free to contact H. Brisbin Skiles, Supervisor, School Food Services.

HOW DOES YOUR PROGRAM RATE?

Are you keeping proper records to comply with your School Food Services Agreements? The check list below may help you.

Records

1. Are you keeping your Menu Record Book up-to-date?

2. Do you keep an accurate count of the number of children receiving a Type A lunch by categories: total lunches, reduced price lunches and free lunches?

3. Is every lunch claimed for reimbursement a complete Type A lunch including a half pint of milk?

4. Is adult and other ineligible milk properly accounted for by an actual daily count or a 3 percent reduction?

5. Are deposits and reimbursements credited and are warrants charged to your School Food Services Fund IV?

6. Are the clerk's records checked regularly and reconciled with the County Treasurer's statement of Fund IV?

7. Do you take proper precautions to safeguard the money collected in connection with the school lunch and milk programs until it is deposited with the County Treasurer?

USDA Donated Foods

8. Are you using your USDA donated foods? Regulations require that donated foods be used the year in which they are allocated. A reasonable quantity may be retained to begin the next year's program.

9. Are older foods stored in such a manner that they would be used first? If USDA foods go "out of condition" or are lost because a school has been negligent, the school is required to replace the food or the value of the food.

10. Do you have USDA foods in excess of your needs for the school year? If so, please notify this office so that we may arrange for a transfer.

11. Are your commodities properly protected from theft or other losses wherever they are stored?

Free and Reduced Price Policy

12. Does your school have on file a copy of the school's policy on free and reduced price lunches?

13. Did your school publicly announce standards for receiving free and reduced price lunches?

HAT HAVE WE BEEN DOING IN SCHOOL FOOD SERVICES?

:hool Food Service personnel in Montana should be very proud of the program ıd its accomplishments and growth in the last few years. Lunch is now served ı 510 schools in 226 districts, with an average daily attendance of 121,606 :udents. Although there are lunch programs in only 56 percent of the schools ı the state, over 75 percent of the total school population has lunch available. e also have breakfast programs in 18 schools with a total average daily at-endance of 3,889 students of which 1,987 take advantage of the program.

ıst year there were 10,853,206 Type A lunches served for an average daily par-.cipation in the program of 60,852 children. This was a 5.3 percent increase ver the 1969-70 participation. Needy children totaling 9,611 were provided ,710,681 free or reduced price lunches, an increase of 35 percent. A total of)0,059 breakfasts was served to an average of 1,676 children which is an in-rease of 37 percent over the previous year. And 4,836,097 half pints of milk ere served in the Special Milk program.

our School Food Services office paid claims totaling $655,308.02 for Type A unches and also made special assistance payments for free lunches of $781,065.43. reakfast programs received $41,381.60 and Special Milk payments were $175,587.44. onfood Assistance projects were approved for $284,158 (see article) so that the otal federal funds disbursed were $1,937,500.49. In addition donated foods with San Francisco wholesale value of $1,033,553.59 were utilized in school food rograms.

.th the aid of these federal funds, local school districts were able to main-ain their programs and feed our children. But to be able to serve the more than),000 children their lunches, the local school districts had to purchase $3,175,575 orth of food, pay their cooks and other personnel $1,854,360 and spend $351,254 or other items, which in total has added over $6,000,000 to Montana's economy.

ıis year promises to be even better. Claims for September and October indicate ıbstantial increases in participation all over the state. The October average ıily participation of 65,759 is a 10 percent increase over October of last year. keep up the good work feeding those children.

ENTIFUL FOODS

e United States Department of Agriculture lists the following foods as plenti-l for the months of November, December and January. It is suggested that local ailability be considered when purchasing rice, pork, potatoes and potato pro-cts, (instant mashed and frozen french fries) prunes, prune juice and pitted unes, apples, applesauce and apple juice, cranberries, cranberry sauce and cran-rry juice cocktail, fresh pears, winter pears, turkeys, eggs, boiler-fryers and lit peas.

Preparation Tips for Rice

You can simplify handling by preparing rice in the same shallow pans in which you plan to serve it. But if you are using a steam jacketed kettle or a deep pot, be sure to turn the rice into shallow containers and fluff it within 10 minutes after it is done so the grains will not pack down. The keys to perfect rice cookery are simple: (1) Measure the rice and liquid accurately; (2) Cover tightly during cooking; (3) Time the cooking period accurately; and (4) Remove the cover and fluff the rice so steam can escape. For shift serving or transporting to other locations, all the rice needed can be prepared at one time since rice held at 140° to 160° remains in excellent serving condition. When holding more than one hour, (1) undercook slightly and (2) mix in a half cup melted butter per gallon of cooked rice. (Or add the butter before cooking.)

APPLES

...USDA Tells How to Buy and Use...

Sparkling red to greenish gold, apples are now in abundant supply --- with the promise of good eating for the fall and winter months ahead.

But how can you pick top quality apples? Like many of nature's products, apples often vary in quality. To help you pick the best apples, the United States Department of Agriculture's Consumer and Marketing Service offers this buying information.

How to Buy Apples

When you buy apples choose firm, crisp, well-colored ones. Flavor varies in apples and depends on the stage of maturity at the time the fruit is picked. Immature apples lack color and are usually poor in flavor. Apples with shriveled appearance may have been held in storage.

Watch out for apples with cuts and bruises or apples that seem soft. Soft apples may be overripe and have mealy flesh. Scald (irregular shaped tan or brown areas) on apples may not seriously affect the eating quality.

USDA Apple Grades

Packaged apples are often labeled by grade, as well as by variety. Choose the grade and variety that best suits your purpose.

U.S. Extra Fancy, U.S. Fancy, and U.S. No. 1 are the U.S. grade names usually found on packaged apples. The grades are based on apple color, maturity, lack of defects and general appearance.

1. U.S. Extra Fancy are the top quality apples and usually cost more than the other grades. They have the best color and general appearance.

2. U.S. Fancy are the next highest grade.

3. U.S. No. 1 may have less color and more russeting (net-like lines on the skin) than U.S. Fancy and U.S. Extra Fancy, but they're usually a good buy since the outer appearance doesn't affect eating quality.

owever, apples from the western states are usually marketed under state grades hich are similar to federal grades. Many of the packaged apples marketed are fficially graded by the Federal-State Inspection Service, a joint operation of SDA and state agencies. Grading of apples is voluntary, except in a few in-tances, and helps packers, shippers, and wholesale buyers market apples.

sing Different Varieties

ere are some tips on how to use the different varieties:

1. For eating as fresh fruit choose Delicious, McIntosh, Stayman, Jonathan, Winesap, and Golden Delicious.

2. For making pies and applesauce, choose tart or slightly acid varieties such as Bellflower, Gravenstein, Jonathan, Grimes Golden, Newtown, and Winter Banana.

3. For baking choose the firmer-fleshed varieties like Rome Beauty, Winesap, and White Astrachan.

4. All-purpose apples are Stayman, Jonathan, and Winesap.

ther apple varieties available to some extent in the west are Black Twig, Bev-erly Hills, Holland, King, Lady, Red Melba, Skinner Seedling, Spitzenberg, Wealthy nd Yellow Transparent.

ome Storage

nly perfect apples should be stored for later use. Use apples with bruises, kin breaks, or decayed spots as soon as possible. To ripen slightly underripe pples, store in a cool place (60 to 70 degrees) for two weeks or less.

pples that are ripe enough for eating will keep in your refrigerator for a week r longer. Place them in the humidifier compartment or in a moisture-resistant ontainer or bag. Apples do need ventilation so make sure there are some half-nch holes in the storage bags.

FRESH CRANBERRIES

he US Grade A fresh cranberries now being distributed to schools and other ligible outlets are packed in 25-pound wax-coated cartons. To maintain quality, hey have been shipped in refrigerated trucks or cars.

STORING FRESH CRANBERRIES

In the school, cranberries should be refrigerated promptly at temperatures of 35-45 ^{o}F. At these temperatures, fresh cranberries will usually remain in good condition 4 to 6 weeks. If quantities of cranberries are too large to use within 6 weeks, it would be desirable to freeze a supply for later use. Cranberries may be quick-frozen in small lots in raw or cooked form.

INSTRUCTIONS FOR FREEZING CRANBERRIES

To Freeze Raw, Unsweetened Cranberries:

Wash, sort and stem berries. Place in polyethelene bags or other suitable containers. Suitable containers are 1- and 2-quart moisture-proof freezer containers, such as plastic containers or glass jars with tight-fitting lids. If polyethelene bags are used, press air out of unfilled part of bag. Allow 1/2-inch head space for expansion during freezing in 1- and 2-quart containers with wide-top openings. Seal and freeze promptly at 0°F or below. For best results, do not thaw cranberries. Cook or grind raw cranberries while they are still frozen. Do not refreeze.

To Freeze Cranberry Sauce:

Cook cranberry sauce by the attached recipe. Chill cooked sauce throughly to speed up freezing and help retain natural color, flavor and texture. Pour into rigid freezer containers with wide top openings, allowing about 1-inch head space for expansion during freezing. Seal carefully. Freeze promptly at 0°F or below. For best results, thaw only the amount needed for one day's use. Use as soon as thawed. Do not refreeze.

USES

Cranberries are a versatile fruit. They may be used in a variety of ways.

Ideas for Using Cranberries

1. Sauces and relishes
2. Upside-down cakes
3. Fillings for sweet rolls and cookies
4. Quick and yeast breads
5. Pies with apples, oranges, or raisins
6. Other desserts (shortcake and crisps)
7. Glaze for ham and other meat
8. Stuffings for poultry and meat
9. Fruit cups with apples, bananas, grapes, or pineapple
10. Salads with apples, celery and nuts
11. Jellied salads with oranges, apples, cabbage, or carrots

FACTS ON FAT

The butter or margarine requirement in a Type A lunch pattern is one teaspoon per serving. This means that one pound of butter is needed for each of the 96 lunches served.

Fats are used by the body for energy, to form tissue fats and for the functions of certain body tissue. Excess fat not needed for body functions or immediately "burned" for energy will be stored as fat tissue.

Butter and margarine are not the only fats in a meal. Other fats which may be forgotten in planning meals are oil salad dressings, mayonnaise, shortening in baked goods, the fats in meats, and the fats used in sauces, seasonings and nuts. A menu of meat loaf, whipped potatoes with butter, salad with thousand island dressing, buttered rolls, and apple crisp would be high in fat. Oven fried chicken, frozen peas, vegetable sticks, muffins with butter and gelatin dessert would be low in fat.

Diets too low in fat will interfere with growth development and general health. However, a diet too high in fat isn't desirable since it may lead to overweight. This is why using the recommended amounts of butter, rather than 4 or 5 times that amount, is very important from a nutritional standpoint. For these reasons, school lunch managers can make an important contribution to the health of school children by providing meals with sensible amounts of fats--not meals that may contribute to obesity.

From: Western Region, Food and Nutrition Service
United States Department of Agriculture
November, 1971

CONVECTION OVEN: Operating Tips

1. Standard 12 x 20 x 2½-inch pans should be placed one in front of the other for best results. Pans measuring 18 x 26 x 1 inches should always be put in lengthwise. This positioning allows 1½ to 2 inches of spacing on both sides of the oven.

2. Meat racks should be used for roasting so that the roasts will not sit in their juices.

3. Over-loading is the biggest single cause of non-uniform baking and roasting.

4. All pans should be centered vertically or horizontally in the oven for best results.

5. ALWAYS use commercial oven light bulbs in the oven. Do NOT use home light bulbs or domestic oven bulbs as they do not last and may shatter, spoiling an entire oven load of food.

6. For best preparation, always put a partial load of food on the center shelves.

7. Reduce the moisture in cake and bread recipes if your favorite recipes do not come out just right.

8. Do NOT load the oven with the fan operating. Push the covector switch so that the fan goes off automatically when the door is opened.

9. Do NOT use pans that are too deep since they tend to give food a poor color.

10. To determine oven capacity needs, menu requirements and the time permitted to meet them should be analyzed. Here is a run-down on the capacity of a typical convection oven:

Cooks 150 lbs. of beef at one time;
Cooks 120 lbs. of poultry at one time;
Bakes six 18 x 26 pans of pastries;
Bakes twenty-four 1¼ lb. loaves of bread;
Bakes thrity-six 8 to 10 inch pies;
Bakes three bushels of 80 count Idaho potatoes.

From: New Mexico School Lunch Division
Institutions Magazine
October-November 1971

USDA DONATED FOODS ELIGIBLE FOR USE IN SCHOOL HOME ECONOMICS TRAINING PROGRAMS

Public Law 86-756 provides that schools receiving surplus foods for use in school food programs are authorized to use these foods for the purpose of training students in home economics. Only the donated foods listed as "open end" foods are surplus and eligible for use in such programs.

Home economics departments desiring to use "open end" foods for training purposes should estimate their needs for the 1972-73 school year and include them in the "Open End" Commodity Estimate report. This report will be submitted by local school food supervisors to School Food Services, Office of the Superintendent of Public Instruction before April 7, 1972.

Donated foods that may be used include all-purpose flour, bread flour, print butter, dry milk, rice, cornmeal, rolled oats, split peas, vegetable oil, dry navy/Great Northern/pinto beans (no choice), shortening/lard (no choice), and dry red kidney beans.

The only charge for donated foods is a small handling charge.

CRANBERRY RELISH
(1 gallon)

Ingredients	Directions
1-1/2 Qt. Oranges, unpeeled 1-1/4 Gal. Cranberries, sorted 1 Qt. 3-1/2 Cups Sugar	1. Quarter oranges and remove seeds. 2. Chop oranges and cranberries together in food chopper. 3. Mix fruit with sugar. 4. Chill several hours in refrigerator to blend flavors. 5. Store in tightly sealed container in the refrigerator.

CRANBERRY SAUCE
(100 servings)

1-1/4 Gal. Cranberries, sorted 1 Gal. 1 Cup Sugar 1-1/2 Qt. Water	1. Combine ingredients, cover and boil until all berries pop, about 10 minutes. 2. Sieve, if desired for a smoother sauce. 3. Chill 4. Store in a tightly sealed container in the refrigerator. Portion: About 1/4 cup--1/4 cup fruit.

CRANBERRY-APPLE CRISP
(100 servings)

2 Qt. 1-1/2 Cups Sugar 1-1/2 Qt. Water 1 Gal. 2 Cups Cranberries, sorted 1 Gal. 1-1/2 Qt. Apple pared and sliced	1. Boil sugar and water together for 5 minutes. 2. Add cranberries, cover, and boil 5 minutes longer. 3. Remove from heat and cool. 4. Combine apples with cranberry mixture. 5. Place mixture in 4 greased baking pans (about 12 x 20 x 2 inches) about 3 lb. 13 oz. per pan.

CRANBERRY-APPLE CRISP TOPPING
(100 servings)

1 Qt. Rolled Wheat or/ 1 Qt. 3/4 Cup Rolled Oats 1 Qt. 1/2 cup packed Brown Sugar 2 tsp. Salt 1-1/2 Qt. All-Purpose Flour 1-1/4 Qt. Butter or Margarine	6. For topping, combine wheat or oats with remaining ingredients and mix until crumbly. 7. Cover fruit with topping, about 1 lb., 12 oz. (3-1/3 cups) per pan. 8. Bake at 400°F (hot oven) about 25 minutes until apples are tender. Portion: 1 piece, 2 x 3-3/4"--1/4 cup fruit.

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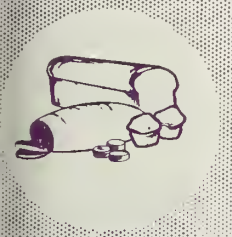
YPE A TOPICS

NOVEMBER 1971

ATIONAL

CHOOL



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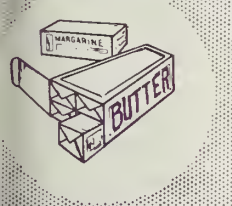
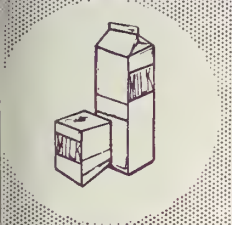


ROGRAM



OPERATING LARGE EQUIPMENT

Operating large equipment properly is important in the School Lunch Program. Correct operation results in:

* Safety for Everyone

  Poor habits and lack of knowledge may endanger the operation and other workers. In addition to physical injury, unsanitary food may result.

* Increased Productivity

  Using equipment to the maximum while preventing waste motion requires knowledge of how to operate it.

* Maintenance of Equipment

  Fewer equipment breakdowns occur if the equipment is properly used and maintained.

READ THE INSTRUCTIONS!

You may feel you know how to operate the equipment in your kitchen, but many times there are important details that are forgotten. Manufacturers also vary in proper operational techniques. To be aware of these factors, read the manufacturer's directions carefully. Place manufacturer's operating instructions on or near equipment

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PROPER OPERATION OF LARGE EQUIPMENT

Ranges

1. Turn heat controls so that foods may be brought to desired temperature.
2. To make the best use of heat and to cook evenly, observe the following:
   a. On ranges with solid tops, distribute pots to cover the heated surface as much as possible.
   b. On ranges with round units or open-burners, use pots with bottoms of approximately the same size as the units or burners.
3. To save fuel and keep the kitchen cool, heat only that portion of the range top to be used.

Ovens

1. Preheat oven to desired temperature. Ovens do not heat more rapidly by turning to a higher temperature!
2. Make sure pans do not touch the walls or each other. Set the timer. Avoid opening the door while baking.
3. On ovens without pilot lights or safety cut-offs, leave the doors open overnight.

Compartment Steamer

1. Always close the door gently to protect the gasket. Lock the door according to manufacturer's instructions. If the steamer has a door wheel, turn the wheel clockwise just enough to lock the steam in, otherwise, the gasket may be cut. Do not open the door while operating!
2. Turn "On" control or switch to preheat. For electric or direct steamer connection, turn "On" controls or switch to admit steam and force air out. Pull the steam valve for each compartment. For a gas steamer, turn to "On" according to manufacturer's instructions. Preheat the steamer just long enough to bring pressure up.
3. Cooking time starts after the desired pressure has been reached. The length of cooking time varies with (1) the type of steamer, (2) the kind and amount of food cooked, and (3) the containers used.
4. To completely shut off the steamer: (1) Turn off controls, switch or gas burner. (2) Release the steam by pushing in on the valves. Allow the pressure to return to zero. (3) Turn the door wheel conterclockwise. (4) Open the door gently to prevent splashing of hot food.
5. When not in use, leave the steamer door open or ajar to prevent the gasket from sticking.
6. Periodically check the gasket carefully for wear. Have the gasket replaced before it becomes defective!

Steam-Jacketed Kettle

1. For electric and gas self-contained kettles keep the water at the half-way level in gauge glass. For kettles requiring the addition of water, fill the jacket according to manufacturer's instructions.
2. When adding the food to be cooked, do not fill to the top--allow room for expansion of food. Use a long-handled paddle for stirring the food.

Slicer

This equipment can be dangerous if not properly handled!

1. Check the equipment to be sure it is (1) turned off, (2) properly assembled, (3) clean of grease or food, and (4) blade is unexposed with the dial setting at 0.
2. When putting the food item in the carriage table, place the food gripper on top, and adjust the blade control indicator for the desired thickness of slice.
3. After turning on the slicer, make a single test run moving the carriage table back and forth using the handle on the carriage!
4. When cleaning the machine make sure it is turned off! Wipe from the center of the blade out.
5. Periodically check the gripper teeth and table movement for wear. The gripper teeth must be even and adequate to hold the food. The gripper must not hit the blade at any time and yet be near it. The table movement should be without wobble.

Fryer

1. Set the thermostat to desired frying temperature. Let the fat or oil reach desired temperature. Fryer does not heat faster by turning to a higher temperature!
2. The basket should be filled 2/3 full with food and gently lowered into fryer. Do not place water soaked items in the fryer without properly draining.
3. Avoid overusing fat or oil. Skim off floating particles between batches. When the fat becomes very cloudy or tends to boil up, discard it.
4. Turn the fryer down to 250°F if left more than 1/2 hour.
5. Let the fat or oil partially cool and then strain following each day's use. For large fryers it is preferable to use a filter pump.

Food Mixer

1. Use an appropriate size bowl for the amount and material to be mixed. Never fill the bowl more than 2/3 of capacity.
2. Selection of proper beater depends on the ingredients to be mixed. A flat beater is used for general mixing; never for heavy doughs. The whip beater serves to incorporate air into light mixtures. A dough hook is used for heavy doughs requiring a folding and stretching action.
3. Do not let the bowls become dented in handling. The beater whip or hook should never hit the bottom or sides of the mixing bowl when in operation.

In each issue of Type A Topics this last page will be devoted to discussing various nutritional aspects of the National School Lunch Program. This month the topic is:

FORTIFIED BAKED PRODUCT

The Food and Nutrition Service has announced the approval of a fortified baked product for use in the Breakfast Program. This fortified baked product was first introduced in the October 19, 1970, FNS (CN) Notice 180.

Many children do not receive the nutrients they need, despite the abundance of nutritious foods that are available. One important reason is the lack of kitchen, serving, or eating facilities in many schools. Quite often the schools with the fewest facilities are located in areas of greatest nutritional need.

The White House Conference on Food, Nutrition, and Health, held in December, 1969, considered this problem, and its resulting recommendations emphasized the need to reach more children with adequate nutrition. Subsequently, many companies came to USDA with ideas about new foods designed for improving nutrition. One concept was a fortified baked product for child feeding programs where facilities were inadequate or not found. This item, which is now available to schools, is a baked product with a creamed filling. It substitutes for the bread/cereal and the fruit/juice requirements of the Breakfast Program. The product will soon be availabe in other forms. The product when consumed in combination with a half-pint of whole fluid milk meet the mininum requirements of the three-component breakfast (one slice of whole grain or enriched bread, or an equivalent; 1/2 cup of fruit or fruit or vegetable juice; and one-half pint of fluid whole milk). Part of the nutritional advantage of this product is that it must be served with a half-pint of milk, thus encouraging milk consumption.

The Department does not advocate this product as a steady diet. It is offered as one solution to the problem of improving nutrition. We continue to encourage managers to serve breakfasts of conventional foods, such as cereal, toast, or an enriched roll, and each served with milk and juice. Breakfasts such as these can be prepared in kitchens with limited facilities.

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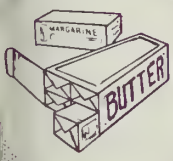
YPE A TOPICS

DECEMBER 1971

ATIONAL

CHOOL

LUNCH



ROGRAM

SMALL PREPARATION EQUIPMENT

The proper purchase, storage, use and maintenance of small preparation equipment is important for an efficient school food service operation.

Purchase

- Select equipment designed to accomplish the desired task.
- Select durable equipment. It is generally less costly over a period of time.
- Purchase the quantity of equipment required to efficiently carry out specific tasks.

Storage

- Store equipment in designated areas where it will be readily accessible, secure, and protected from contamination.

Use

- All employees should know the proper use and care of equipment.
- Use equipment for its intended function. Misuse wears out the equipment, and is hazardous to the employees.

Maintenance

- Assign the equipment to the individuals who will use it, and also be responsible to care for it.
- Keep equipment clean and well maintained.

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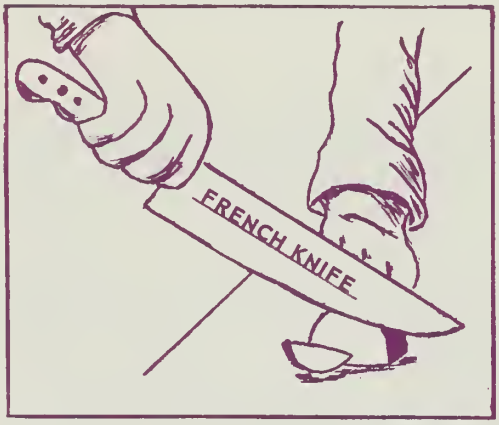
USE OF SMALL PREPARATION EQUIPMENT

Small preparation equipment refers to kitchen tools which can easily be held by hand. This includes such equipment as knives, spoons, ladles, spatulas, measures, can openers, pots and pans, etc.

It is the food service manager's responsibility to instruct employees in the proper use of small preparation equipment. A three step approach may be used. First...instruct the employee on the proper use and care of equipment. Second...demonstrate the use of equipment. Then have employee operate equipment. Third...follow through to make sure employee is properly using the equipment.

Knives

- Knives come in various sizes and shapes and are designed for specific functions.



French knives are designed for cutting or chopping of fruits, vegetables, meats, nuts, etc. To use, the point of knife is held against cutting board. Cut with a rocking motion. Fingers holding food should be curled back and in the clear.

Boning knives are designed for removing meat from bones and disjointing fowl.

Paring knives are designed for cutting, peeling, trimming, and coring fruits and vegetables.

Slicing knives are designed for slicing meat and poultry.

- Always use a cutting board when cutting, chopping, slicing, or shredding food.
- A sharp knife means greater efficiency and better product appearance. Dull knives waste time and may be dangerous.
- For safety reasons, knives should never be soaked in a sink. All knives should be handled and washed separately.
- Periodically, the knife will need sharpening on a carborundum stone or an electrically powered sharpener.

Scoops, Ladles, Spatulas, Spoons

- Use scoops and ladles to control portion size in serving Type A lunches.

- The size of the scoop determines the number of scoops per quart.

Capacities of Scoops

Size of Scoop	Part of Cup	Number of Tablespoons	Approximate Fluid Ounces
6	2/3	10-2/3	6
8	1/2	8	4 to 5
10	2/5	6-2/5	3 to 4
12	1/3	5-1/3	2-1/2 to 3
16	1/4	4	2 to 2-1/4
20	---	3-1/5	1-3/4 to 2
24	---	2-2/3	1-1/2 to 1-3/4
30	---	2-1/5	1 to 1-1/2
40	---	1-3/5	---

- Use scoops during preparation for portioning such foods as meatballs, sandwich fillings, etc.

- When purchasing serving spoons, spatulas, etc. for the serving line, make sure the equipment is of proper size and length for its intended purpose.

- Slotted or perforated spoons should be used when serving foods intended to be served without liquid. Use solid spoons for foods to be served with juice, sauce, etc.

Can Openers

- Can openers with rotating cutter blades are more efficient and last longer.

- Inspect frequently for excessive quantities of small meat particles around top edge of can and on exposed surface of food and cutter blade. When excessive, replace cutter blade.

Measuring Spoons and Containers

- Measuring spoons and containers should be properly marked and accurate.

TEXTURED VEGETABLE PROTEIN IN SCHOOL LUNCH

Meat/meat alternate component is the most expensive item in a school lunch. The Department of Agriculture is always looking for ways to improve the quality of lunches and reduce the cost. Textured vegetable protein (TVP), used in combination with meat, poultry, or fish, can lower the cost of a main dish. The TVP is to be prepared and served in combination with ground or diced meat in meat patties, meat loaf, meat sauce, meat stews, and similar items made with poultry and fish.

Textured vegetable protein is made from oilseed or cereal products. When TVP is purchased from a soy processor, it is generally in a dry form (frozen hydrated TVP is also available). The Department of Agriculture presently is developing a list of soy manufacturers who have had their TVP approved for use in preparing food items for school lunch.

Before TVP can be used, it must be mixed with water; this, then, is the hydrated form. The specifications under FNS Notice 219 call for 30 percent of this hydrated TVP to be combined with 70 percent of uncooked meat to count toward the meat/meat alternate requirements of the Type A lunch. A school cannot receive reimbursement if it serves 2 ounces of TVP alone.

Some companies have recipes available using TVP. The recipes should be reviewed by either the USDA or your State Agency. Some recipes in the USDA card file are being used to test TVP, and some are being revised to include TVP. In addition, guidelines or fact sheets will be developed giving instructions on how to adopt TVP to other existing recipes.

Both schools and meat processors may use TVP in meat items. Some companies are already doing so. Schools purchasing meat patties or other meat items with TVP should check the label to determine if correct meat-TVP combinations have been used.

There are several types of TVP available and they differ in quality, cost and protein content. When purchasing TVP for use in your own kitchen, the best procedure is to compare the various brands and to test them out. As soon as the Department of Agriculture releases the list of approved TVP producers, check that list.

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YPE A TOPICS

JANUARY 1972

SCHEDULING OF EQUIPMENT

Proper scheduling of food service equipment is an important part of any efficient school food service operation. Scheduling is an important step in getting the greatest return from available equipment, labor and food. The proper scheduling of equipment allows for quality food preparation, menu variety and higher employee productivity.

Each manager should ask:

> Are we making the best use of our equipment and personnel?

To answer this question, each manager should consider the following:

- Student Lunch Schedule
- Recipes and Menus
- Type Equipment Available
- Employee Capability
- Workhours per Employee
- Present Method of Operation

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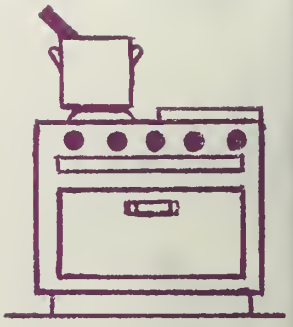
LOOKING AT THE ENTIRE OPERATION

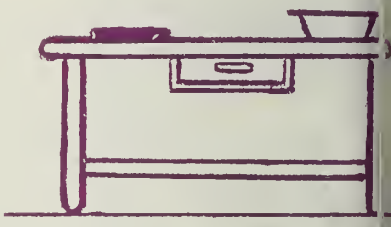


Before preparing a schedule, the manager should consider each of the following:

1. STUDENT LUNCH SCHEDULE

   A school lunch service schedule should be based on the capacity of food service equipment and the skill of personnel.

   When the lunch schedule is too demanding it limits the menu variety and lowers the quality of food preparation.



2. MENU

   The school lunch manager should keep the capacity of equipment in mind when planning the menu. When possible, allow time for preparing items for the next day as well as the day the meal is served.

> **REMEMBER**
>
> When competition for use of equipment occurs, the employee that is waiting is generally non-productive.

3. STANDARDIZED PROCEDURE

   The school lunch manager should use standard recipes, procedures, preparation times and equipment.

THE PRODUCTION SCHEDULE

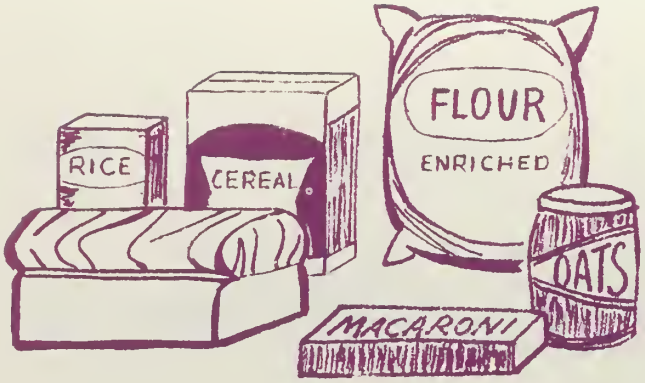
Once the lunch schedule, menu and standard procedure are known, the school lunch manager can then prepare a production schedule. The following example demonstrates a simple production schedule. It can be redesigned to provide other types of information required.

Item	Recipe Number	Number of Portions	Special Instructions	Prepared By	Remarks
Meat Loaf	D-32	200	Mix at 9:20 a.m. Place in oven at 9:50. Bake 1 hr. 10 min. Remove from oven at 11:00	Jones	Set oven temp. at 375° and pre-heat
Hot Rolls	B-10	200	Have out of mixer by 8:30 ready for baking at 11:05	Smith	Bake at 400°F
Mashed Potatoes	J-15	200	Have out of mixer at 11:25	Kelly	

This example shows how a single oven was scheduled to allow for preparation of meat loaf and hot rolls as close to the serving time of 11:30 as possible. Note that the oven was not in use until 9:50 which would have given time to bake off the cake or other dessert for the following day.

THE MEANING OF LUCK

In a well run food service operation LUCK stands for Labor Using Correct Knowledge.



ENRICHED GRAIN PRODUCTS

Enriched grain products and cereals are economical sources of food energy, minerals and B-vitamins.

USDA donated grain products such as flour, flour mixes, cereals, rice, cornmeals, grits and macaroni have been enriched with vitamins and minerals to increase their nutritive value. Federal standards for enrichment have been established for wheat flours, white bread and rolls, farina, cornmeal, corn grits, crackers, macaroni, noodle products, and rice.

The vitamin and mineral content of a cereal or a cereal product depends on how much of its original value remains after milling, what nutrients are added, and on method of preparation. Enrichment of cereal products increases the nutritive value of replacing some of the B-vitamins and minerals lost during milling.

> Enriched flour has about seven times as much thiamine, nearly six times as much riboflavin, and about four times as much niacin and iron as unenriched all-purpose flour.
>
> Enriched cereals are milled cereals to which some of the B-vitamins (thiamine, riboflavin, and niacin) iron have been added within the limits specified by the Federal standard of enrichment. Provision is made for optional addition of two other nutrients, calcium and vitamin D.
>
> Cornmeal is made from cleaned whole kernel corn, ground fine and enriched to increase its vitamin and mineral content.

The Bread Component of the Type A Lunch Pattern requires one slice of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour.

☆ U. S. GOVERNMENT PRINTING OFFICE : 1971 O 481-512/FNS-56

State of Montana
Office of the Superintendent
of Public Instruction
Dolores Colburg, Superintendent
Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

September-October 1971

CONGRATULATIONS MR. KOETTER AND WELCOME MR. SKILES

Jack W. Koetter, School Food Services Supervisor in the State Superintendent's office for the past four years, has been promoted to the position of Director of General Support for Schools Educational Program.

Replacing Jack as School Food Services Supervisor is H. Brisbin (Bris) Skiles who has been superintendent of schools at Joliet for the past seven years. Bris received his Bachelor of Science degree from Morningside College in Sioux City, Iowa, and his Master of Education degree from the University of Montana, Missoula. He served as junior high and high school principal in the Everly, Iowa school system before coming to Montana. Bris, who is married and has four children, joined the staff July 1 and many of you will be meeting him soon.

We welcome Bris to the state office as we look forward to a new and "best ever" year for everyone involved in providing food services to our state's children.

FROM OUR NEW SUPERVISOR

As a school administrator I have always realized the value of the school lunch program to children and appreciated the very excellent work performed by those responsible for preparing school meals. I was not aware of the complexity of the school foods program at the state level until my appointment to Mrs. Colburg's staff.

The school food services program has grown tremendously under the supervision of Jack Koetter. As your new Supervisor of School Food Services I will do all that I can to continue the growth and expansion of this program as a service to you. We are all fortunate to have a very capable staff in the food services office to assist in the goal of feeding as many children as possible, as well as possible, and in as many schools as possible.

This office exists as a service to you. If we can be of assistance, please let us know.

+ + +

REMEMBER - National School Lunch Week, October 10-16, 1971

+ + +

NEW TITLE - FOOD DISTRIBUTION

During the summer the United States Department of Agriculture notified us that the title of the Commodity Distribution Program has been changed to the Food Distribution Program. The title, Food Distribution Program, better describes our program since the service we provide is the distribution of food and not the distribution of commodities.

The Food Distribution Program shows every indication of being as good or better than last year's program when it reached an all-time high in dollar value of $1,033,553.59. During the past school term, we shipped 77,844 units (cases, balers, etc.) to school food service programs in Montana at an average charge to the programs of $1.12 per unit. Because handling and freight charges have increased greatly we must expect the unit charge to also increase. We will do whatever we can to keep costs as low as possible. Shipments are arriving earlier this fall than they did last year.

Frequently the school food service office gets letters or cards from schools asking this office to send them certain food items, such as ground beef. We can only send food items as we receive them from the USDA. For the proper procedure in procuring distributed foods, please refer to the booklet, "Commodity Instructions and Records," sent to you at the beginning of the school year.

Allocated foods are offered to Montana schools on the basis of average daily participation. We cannot send a school any shipment of food unless we have a signed acceptance in our office. All cards must be in before we can complete a shipping order. We must stress the importance of carefully completing the acceptance cards and returning them immediately. We do not have a warehouse in Helena. Foods are shipped to schools from the trucks or cars soon after they arrive in Helena.

Utilization begins when you accept foods that are offered. The amount you have on hand should be a guide in ordering. School lunch program managers should exercise just as much care in accepting USDA foods as they do when ordering purchased foods. Keeping a current and accurate inventory of foods on hand is necessary for use as a guide in accepting similar foods from the USDA and in local purchases. An inventory can and should be one of the guidelines in operating the lunch program. In the "Commodity Inventory" booklet you may keep a complete record of all USDA foods received, used and on hand. This record, if properly kept, will be invaluable for reference when adjusting estimates this year and estimating your needs for "open-end" foods for next school term.

We would like to suggest that as soon as you receive your USDA allocated foods, you begin to plan menus to use these foods first rather than purchasing similar foods. As you know, when you have canned fruits and vegetables and frozen meats and cheese on inventory at the end of the school term, we <u>must</u> subtract this amount from your first fall allocations.

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WHOLE WHEAT FLOUR

We have ordered 1,000 balers of whole wheat flour for delivery in October. Soon we will mail to each school food service program a memo on which to order the amount of whole wheat flour each program can utilize this school term. We would like every program to try this nutritious commodity that will be offered for the first time in Montana. If you order some of the whole wheat flour, you may want to decrease the amount of other flour that you have ordered.

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CELEBRATE THE SILVER ANNIVERSARY OF SCHOOL LUNCH - "Beautify America - Feed Children"

The National School Lunch Program celebrated its 25th anniversary on June 4, 1971. Sparkle up your celebration of National School Lunch week in honor of the event. This year, School Lunch Week is October 10-16 and the theme is "Beautify America - Feed Children."

This year might be a good time to let your community know some of the facts and figures of school lunch's history. Did you know that Montana schools served 10,853,206 lunches and 300,059 breakfasts last year? Or that our students drank 4,836,097 half pints of milk under the milk program?

School food programs spent $5,381,189.91 in Montana communities during the 1970-71 school year.

School food programs are a big business but their real value can be determined only by the number of children who have learned good nutrition through the programs.

Show off your food program during National School Lunch Week. Why not invite parents, school board members or other citizens to enjoy the special menu. Posters, bookmarks, lapel buttons and the parents' brochure can help you tell the school lunch story. What ever you do during the week or during the year, take pride in the fact that you are beautifying Montana and America by making sure our young citizens grow to be happy, well-nourished and healthy adults.

Universal Menu for the 1971 celebration is school pizza, green beans and butter, tossed salad (spinach, lettuce and tomato with oil and vinegar dressing), applesauce, brownies and milk.

School Lunch Week Materials are available from School Lunch Week Department, American School Food Service Association, 4101 East Iliff, Denver, Colorado 80222. (See page 37 of the May 1971 School Lunch Journal for cost.)

Last year, Montana schools observed National School Lunch Week in a variety of interesting ways. Perhaps the following will suggest ideas for your own activities this year.

Charlo Public School people used posters in the local grocery store and the post office to spark community interest in the program. Each elementary teacher also received a poster for her classroom. The Mission Valley News published a story and the menu. School board members and their wives received written invitations to visit the program and parents were invited to join children for lunch.

Havre Public School personnel invited board members, administrative staff and PTA members to school on Universal Menu Day. Posters made by special education students decorated the lunchroom at the Devlin School. Administrators of the Havre High School food program prepared a taped interview with the Lunch Program Supervisor. The tape was broadcast by the local radio station several times during the week.

Polson Public School people served 125 guests throughout the week, with school board members as special guests at the Cherry Valley School one day and at the high school lunchroom the following day. Food service personnel posted the week's menus on bulletin boards in both hallways and lunchrooms together with magazine pictures of the foods featured in the menus. The local paper published two articles, one two weeks before School Lunch Week and the other a week before.

Reedpoint Public School officials invited parents and school board members for a lunch of fried chicken, buttered green peas, cranberries, cole slaw, rolls, pineapple upside down cake and beverages. Fourth graders made Hallowe'en decorations for the lunchroom.

Let us know your activities during this National School Lunch Week. We will want to share them with other Montana School Food Services personnel.

Universal Menu Day, October 13, 1971

Schoolmade Pizza
Green Beans w/butter
Tossed Salad with
raw spinach, tomato,
oil & vinegar dressing
Applesauce
Brownie
Milk

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LESLIE L. BROWN MEMORIAL AWARDS

Congratulations to the following school lunch programs, which were recipients of the Leslie L. Brown Memorial Awards for high utilization of their USDA donated foods during the 1970-71 school year:

Average Child Participation	Recipient
Less than 25	Grey Cliff; Wolf Creek
26 to 75	Potomac; Bainville
76 to 200	Troy; Powell County High School
201 to 500	Shepherd; Philipsburg
500 and over	Lame Deer; Kalispell High School

Commodity utilization is calculated for each school by dividing wholesale value of commodities utilized during the year by the total child meals. From these figures a state average is derived which is $0.0909 per child for the 1970-71 school year. To be eligible for a high commodity utilization award all meat offerings must be utilized and a completed end-of-year inventory submitted on time. We encourage you to compete for high commodity utilization awards, not only for the personal satisfaction, but to reduce food cost, increase state allocations and improve the nutritional value of each meal.

Please Note
Will the three ladies whose names were drawn for nylons at the Great Falls Workshop, please write School Food Services, Office of the Superintendent of Public Instruction, Helena 59601.

Comments from the Consultants

School bells are ringing again and we of the state staff welcome all of our School Food Services personnel back for the 1971-72 school year. We extend a warm welcome to all new personnel joining us. If we have not been informed of changes in managers or head cooks, please send your name to our office so that we may give you assistance if needed.

This school year promises to be an exciting one as the school food services will receive more national emphasis as a means of bringing good food and nutrition to all children.

Our nutritionist, Mrs. Beulah McNeal, recently returned from the American School Food Service Convention in Minneapolis. New convenience foods, engineered foods, textured vegetable protein products and individual canned entrees were on display, as well as new equipment for other areas of the program including baking, salad preparation, serving, waste compactors, unique dishwashers and accounting procedural aids. There also were many innovative items for the central kitchen with a satellite program.

What about your program? Is it growing in participation every year? If not, why not? Why not take a hard look at every area of your food service to see where improvement can be made: Remember, the western states are feeding only 25 percent of all children enrolled in schools, including those without food service facilities, and only 45 percent of those in schools with food service.

The Cook's Corner

Walnuts and oranges in an apple and celery mix of Waldorf salad add protein and vitamin C. In order to get enough protein for high school students and supplement lower amounts on an entree, give a generous sprinkling of walnuts on top of a salad for interest and solid nutrition.

A special occasion relish tray could include radish roses, stuffed celery, parsley, cherry tomatoes, stuffed eggs, carrot curls and colored cauliflowerettes, depending upon practical help situation and facilities of the school.

Dip cut fresh pears in orange or lemon juice just after cutting and the cut surfaces will stay creamy white until served. Bartlett pears have a red blush when ripe.

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Plentiful Foods

The United States Department of Agriculture lists the following foods as plentiful for the month of October. It is suggested that local availability and price be considered when purchasing fresh apples, fresh pears, canned pears, potatoes, pork, eggs, canned applesauce and apple juice.

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The following items are provided by the United States Department of Agriculture.

FRESH BARTLETT PEARS

Fresh Bartlett pears are being offered to schools. Pears are usually picked and packed green. If the fruit is still green when received, it must be ripened before using. Bartlett pears, one of the best varieties for canning, are also a favorite salad and dessert fruit. When ripe for eating, Bartletts are golden yellow tinged with pink, fine-grained, mellow, sweet and juicy.

Store and ripen pears in their wrappers in shipping container.

To store pears

Place in cold storage--preferably at temperatures of 40° to 45° F. At these temperatures, pears will keep for 2 to 3 weeks before ripening.

To ripen pears

Ripen slowly at temperatures of 60° to 65° F. for best quality and flavor. A clean cool dry storage area is satisfactory if controlled refrigeration is not available. Pears ripen quickly at 70° F. (room temperature). Even when quite green they will ripen in 2 to 3 days at this temperature.

Make the most of juicy, "firm-ripe" pears.

For the quantity of fresh pears needed for 100 servings consult the Food Buying Guide for Type A School Lunches, PA-270, Revised January, 1964.

Serve Raw

Washed and chilled for eating out of hand.

In a fruit cup, peeled and cubed with peaches, apples, grapes, bananas and oranges.

In a salad, halved and topped with grated cheddar cheese or filled with a cream cheese-nut ball.

Molded in raspberry gelatin with bits of apples and celery tucked in.

(To prevent raw peeled pears from turning brown, sprinkle with lemon or pineapple juice or lightly salted water.)

Serve Baked

Glazed with honey, lemon juice, cinnamon and butter; or glazed with a bright colored jelly; or with a syrup flavored with cinnamon candies; or with cranberry sauce.

Stuffed with a date-nut or raisin-nut mixture.

Scalloped with sliced cooked sweet potatoes and brown sugar.

As pear cobbler, crunch, crisp, or betty.

Make the most of juicy, "well-ripened" pears.

Prepare and freeze pear puree

1. Select well-ripened pears. Peel and core.

2. Puree pears by pressing through a sieve, or heat 4 minutes in just enough water to prevent scorching and then press through a sieve.

3. With each quart (approximately 2 pounds) of puree mix 1 cup sugar. To retain fresh pear color add 1/8 teaspoon crystalline ascorbic acid to each quart of fruit.

4. Pack into containers, leaving ample head space because the puree expands as it freezes. Allow 1 inch head space for quart container with wide top opening; allow 1-1/2 inch head space for quart container with narrow top opening.

5. Seal with clean tight fitting lid or with heavy weight aluminum freezer foil. Label to show contents and date.

6. Freeze and store at 0° F. or lower. Use during current school year.

Use puree as a topping for ice cream, cake or pudding or serve as a meat accompaniment. Add cinnamon or nutmeg to puree before serving, if desired.

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HANDLING AND STORAGE OF PROCESS CHEESE

I Purpose

This instruction provides guidelines for the handling and storage of process cheese to encourage wider acceptance and use of this produce from available supplies.

II General

Process cheese, through modern food technology, can withstand a reasonable range of temperatures in storage with relatively moderate humidity conditions. Understanding safe storage limits of process cheese helps prolong shelf life. At 70° F. process cheese begins to oil off and at 90° F. it will melt. The product should never be frozen. At 40° F. the approximate storage life is 12 months. At 70° F. the approximate storage life is three months. Favorable storage temperatures are between 45° F. and 55° F.

A gradual increase of the temperature above 70° F. causes the first stage of lowering the quality. As the temperature goes up, product life will have a tendency to reduce in proportion to the extended period of storage. Although holding process cheese above 70° F. is not recommended, some lowering of product quality such as darkening of color would not necessarily mean that the product was unsafe or unusable. During handling, storage and delivery, the temperatures should not be allowed to rise above 75° F.

III Recommended Holding Temperatures

The optimum storage process cheese temperature is 35° to 45° F. which will provide a storage life of about 10 to 12 months. In some instances facilities are not available for optimum temperatures. The following table shows the effects of temperatures on storage life of process cheese.

Storage Conditions	Storage Temperatures	Storage Life
Optimum	35° - 45° F.	10 - 12 Months
Favorable	45° - 55° F.	6 - 10 Months
Acceptable	55° - 65° F.	3 - 6 Months
Fair	65° - 70° F.	3 Months or less
Critical	70° - 75° F.	Temporary (Emergency Only)
Dangerous	75° - 90° F.	Not Recommended
	Under 32° F.	Not Recommended

IV Recommended Practice

A. Use room air conditioners when available.

B. Use lower level rooms if available and cooler.

C. Keep product away from direct sunlight.

D. Order and keep quantities as near to needs as possible.

E. Move out oldest product first.

F. Establish a policy of periodic inspection of the product (120 to 150 days are recommended).

V Responsibilities of Distributing and Recipient Agencies

These are recommended practices only. If followed, they will help maintain and prolong the storage life of process cheese. They do not take the place of reasonable judgment which must be exercised by the persons responsible for handling and storage of donated foods.

* * * * * * *

USDA Food Receipt and Billing

Soon after October 1 you will receive the first USDA Food Receipt and Billing form (F338-241.000-10/71 Rev. x) for this school year. Please be prompt in receipting and paying the handling charge due for the foods shipped your school. In case of shortages, pay the full amount due and the necessary adjustments will be made after the claim is settled.

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State of Montana
Office of the Superintendent
of Public Instruction
Dolores Colburg, Superintendent
Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

MONTANA STATE UNIV.
JUL 21 1971
LIBRARY, BOZEMAN

MAY-JUNE 1971

NOTES FROM THE STAFF

Another school year is drawing to a close, another year of school food service people attempting to bring better health and nutrition to the nation's children. It has been a good year in which the program has increased seven percent. It is a pleasure to see good lunches being prepared for students, sometimes under very adverse working conditions. Congratulations to all of you for a job well done.

Looking forward to next fall we hope that you will strive for even higher achievements. We are living in a constantly changing world and we as individuals must change with it. What was good five or ten years ago may not appeal to the students of today. So set your goals for next year, don't copy the past, and reach out with meals to include all students.

Have a happy summer!

* * *

COMMODITY BRIEFS

Billing

A final commodity billing will be sent in May. Please be prompt in returning the commodity receipt form and payment.

Inventory

This inventory should be taken on the last day of lunch service and submitted immediately.

Information Form

The information on this form is vital in shipping commodities. Be very careful to complete all spaces and mail before school ends. If you rent commercial cold storage or have deliveries made to local stores, reconfirm your arrangements before mailing this form back to us.

Commodity Calamities

Do you know what the biggest calamity is -- commodities not utilized during the school year. Commodity regulations specifically state commodities are to be used in the year they are allocated. So please don't penalize your lunch program by hoarding commodities -- especially the frozen foods. These commodities which are carried over must be subtracted from Fall allocations or transferred to another program. Therefore, you penalize the children by not using meat, fruits and vegetables. "Use them or lose them" ladies! Please cooperate and plan your menus for the remainder of the year to include all commodities.

GETTING MORE SCHOOL LUNCH INTO KIDS - Give them a Choice

Tired of seeing some of every day's school lunch left on the plate? There is a way to solve that problem--or at least begin to solve it.

A majority of students are never going to agree on what they want for lunch on a given day. So cater to this inconsistency. Offer a choice of entrees, vegetables sauces and gravies, just as you may already offer a choice of salads and desserts.

You may think your kitchen staff is already working to capacity and, by adding variety to your menu, you'll push them too far. But, you can vary your menu without adding work simply by planning multiple uses of commodity or large quantity foods and by using more convenience foods, especially prepared entrees.

For example, the same meat mix used in meat loaf can be used for salisbury steaks, hamburger patties and stuffed peppers. Or the portion of mix made into meat loaf can be varied on the serving line by giving a choice of sauces: standard tomato sauce, cream sauce with peas, fruit sauce such as that used on ham or even a mild sweet-and-sour sauce.

Many standard--even commodity-- ingredients can be used to make ethnic-type entrees that are extremely popular among students. Pizzaburgers are nothing more than ground beef or sausage, cheese and tomato sauce, spiced with oregano and toasted on English muffins.

Commodity corn meal makes a tangy Italian polenta when topped with hot sausage and tomato sauce and sprinkled with grated cheese. Or use corn meal to make tacos stuffed with that ground meat mix and tomato sauce the next day.

To add a little "soul" to the vegetable selection, open convenience cans of okra, mustard greens, turnip greens or hominy.

Variety can even be introduced into old standby menu items to spark student interest. Children often make up their own strange culinary combinations for lunch at home--so why not let them do the same at school? Peanut butter, catsup, cheese and bacon bits are all highly nutritious foods that can be used in "imaginative" combinations with hamburgers, jelly sandwiches or fish sticks. You might even put such condiments on a table away from the serving line.

Another twist to the convential casserole is to put the meat sauce portion over or beside the starch portion, rather than mixing them together. For example, put meatballs and tomato sauce over spaghetti, cheese sauce on top of macaroni, tuna and white sauce beside the accompanying noodles or rice. Try chili con carne over a hot dog bun and call it a chili dog. For some unexplained reason, children often like to eat their foods separately, not mixed.

Dress up fish stick day with a variety of sauces--including the usual tartar sauce, creole sauce, dill sauce and cheese sauce. Most of these come canned, ready to heat and serve.

Instead of the customary spaghetti and meatballs, ladle barbecued pork and sauce over spaghetti. Or convert the meal to a quick sweet 'n' sour pork over spaghetti by adding prepared sweet-and-sour sauce.

Convenience foods are also a good source for second or third entree choices that will turn on appetites. Mexican chili con carne comes ready in cans. So does chicken chop suey and sauce for sloppy joes.

In larger schools, particularly big metropolitan high schools with mulitple serving lines, you have another good opportunity. While serving regular Type A lunches in

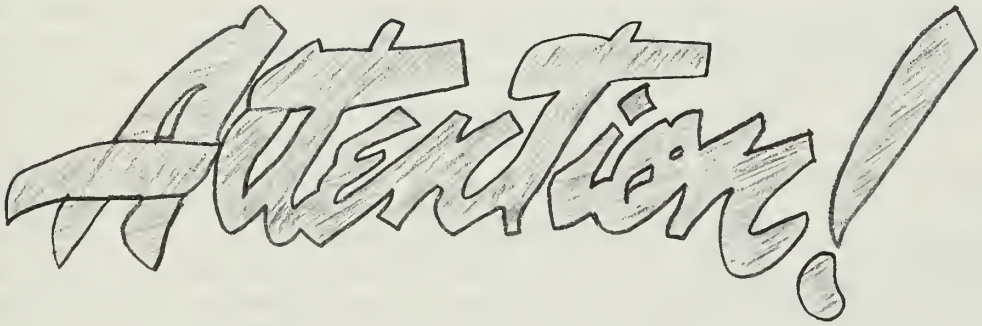
one line, set up another cafeteria line for ethnic lunches--Chinese, Mexican or soul food--or even gourmet lunches.

Many high schools have a problem getting weight-conscious girls to eat properly balanced meals. Overcome this by making one serving line into a salad bar complete with a selection of familiar salad dressings off to one side, rolls and butter, and skim milk. Protein-rich and vegetable-fruit foods can easily be included in a julienne-style salad using the same foods used in hot lunches--cheese, bologna, ham, beef, hard-boiled eggs and a variety of carrots, celery, raisins, apples, cauliflower, green pepper and lettuce.

Another way to get nutrients into light lunchers or fussy eaters is to add a soup station to the serving line. Hot soup is available in convenience form and adds only pennies to costs.

After all, a school lunch program's main object is to insure that students get a nutritious meal at noon. Give them the opportunity to pick and choose what they want to eat. Isn't it worth some extra catsup, an extra step in serving or a little advance planning for a variety of entrees, to see more of the food in the students and less left on their plates?

By Anthony C. Bartolotta
Director of Food Services and Research Chef
John Sexton and Company, Chicago, Illinois



SCHOOL FOOD SERVICES WORKSHOPS are planned for June 14 and 15 at East Junior High School, Great Falls and June 17 and 18 at Billings Senior High School, Billings. The administrator and clerical personnel section is slated this year for a half day afternoon session on June 14 in Great Falls and on June 17 in Billings.

Additional information and pre-registration material will be sent to the administrators and school food service personnel in the near future.

We're looking forward to seeing many of you at one of these workshops.

NEW PRODUCTS GIVEN APPROVAL BY UNITED STATES DEPARTMENT OF AGRICULTURE

The Food and Nutrition Services office has recently received information from the USDA concerning approval of a textured vegetable protein product and a protein fortified enriched macaroni type product.

The textured vegetable protein product when prepared and served in combination with meat, poultry or fish may be used as a meat alternate to meet part of the minimum requirement of two ounces (edible portion as served) of cooked meat specified in section 210.10 of the National School Lunch Regulations. The proportion of hydrated vegetable protein product to the uncooked meat in the combination shall not exceed 30 parts per 70 parts meat on the basis of weight.

USDA AGRICULTURAL RESEARCH SERVICE

Textured Vegetable Protein Products (B-1)

Textured vegetable protein products are food products made from edible protein sources and are characterized by having a structural integrity and identifiable texture such that each unit will withstand hydration and cooking, and other procedures used in preparing the food for consumption.

Textured vegetable protein products meeting the following requirements may be used as an alternate to meet part of the minimum requirement of two ounces of cooked meat specified for the Type A School Lunch.

The vegetable protein product shall be prepared and served in combination with ground or diced meat in the form of meat patties, meat loaves, meat sauces, meat stews, or in similar foods made with poultry or fish. Ratio of hydrated vegetable protein product, moisture content 60 to 65 percent, to uncooked meat, poultry or fish in the combination shall not exceed 30 parts per 70 parts, respectively, on basis of weight.

Ingredients: The textured vegetable protein product shall be made from food grade oilseed or cereal flours or derived protein concentrate or isolates, alone or in combination with one or more of the following optional ingredients: edible fats or oils, carbohydrates, binders, stabilizers, natural or artificial flavors, colors, amino acids, vitamins and minerals.

All ingredients shall be in conformity with the requirements of the Federal Food, Drug and Cosmetic Act and regulations pursuant to that Act as applicable.

Chemical Composition: Textured vegetable protein shall meet the following compositional requirements. All values are expressed on the dry basis and are applicable to dry or hydrated forms of the product. Moisture content of the hydrated form shall not exceed 65.0 percent, or be less than 60.0 percent. Analytical methods employed shall be those prescribed in Official and Tentative Methods of Analysis of the Association of Official Agricultural Chemists, 10th Edition, 1965.

	Minimum	Maximum
Protein 1/, weight %	50.0	---
Fat, weight %	---	30.0
Magnesium, mg/100g	70.0	---
Iron, mg/100g	10.0	---
Thiamin, mg/100g	0.30	---
Riboflavin, mg/100g	0.60	---
Niacin, mg/100g	16.0	---
Vitamin B_6, mg/100g	1.4	---
Vitamin B_{12}, mcg/100g	5.7	---
Pantothenic acid, mg/100g	2.0	---

1/ Nitrogen times 6.25

Biological Value of Protein: The protein efficiency ratio, PER, of the textured vegetable protein shall be not less than 1.8 on basis of PER = 2.5 for casein. PER of a meat-textured vegetable protein combination shall be not less than 2.5 PER shall be determined by the method "Biological Evaluation of Protein Quality" on the reference cited in the preceding section.

Protein-Fortified, Enriched Macaroni-Type Products (B-2)

Enriched macaroni-type products meeting the following requirements may be served in the Type A School Lunch as an alternate to meet up to one-half the minimum requirement for two ounces of cooked meat. For this purpose, one ounce equivalent dry product, which will measure one-half to three-fourths cup cooked, will serve as alternate to one ounce of meat if served in combination with meat, poultry, fish or cheese to meet the remaining requirement.

Protein-fortified, enriched macaroni-type products include macaroni, spaghetti, vermicelli and similar formed products made from cereal flours or meals, alone or in combination with one or more ingredients with a relatively high protein content such as an oilseed flour, nonfat dry milk or derived protein concentrates, and include the vitamins and minerals specified under "Chemical Composition." Optional ingredients include amino acids or their salts, binders or other ingredients that serve a necessary and useful purpose.

All ingredients shall be in conformity with the requirements of the Federal Food, Drug and Cosmetic Act and regulations pursuant to that Act as applicable.

Chemical Composition: Protein-fortified, enriched macaroni-type products shall meet the following compositional requirements. Analytical methods employed for these determinations shall be those prescribed in Official and Tentative Methods of Analysis of the Association of Official Agricultural Chemists, 10th Edition, 1965. All values except moisture are given on a dry basis.

	Minimum	Maximum
Protein 1/, weight %	20.0	25.0
Moisture, weight %	---	13.0
Iron, mg/lb.	13.0	16.5
Thiamin, mg/lb.	4	5
Riboflavin, mg/lb.	1.7	2.2
Niacin, mg/lb.	27	34

1/ Nitrogen times 6.25

Biological Value of Protein: The protein efficiency ratio, PER, of the macaroni-type product shall not be less than 95 percent of that of casein. PER shall be determined on the cooked, drained product by the method "Biological Evaluation of Protein Quality" in the reference cited in the preceding section.

Plentiful Foods

The United States Department of Agriculture lists the following foods as plentiful for the month of May. It is suggested that local availability and price be considered when purchasing.

Eggs, Canned Peaches, Pork, Dried Peas, Turkeys, Canned Ripe Olives, Potatoes, Flounder and Sole Fillets, Peanut and Peanut Products, Prunes and Canned Applesauce.

RECIPE SECTION

Egg Pizza

Ingredients	48 Servings	144 Servings
"A" Quality Whole Egg	6 lbs.	18 lbs.
Milk	5 oz.	15 oz.
Parmesan Cheese	3 oz.	9 oz.
Tomato Sauce	1 qt.	3 qts.
Sugar*	2 tsp.	2 Tbsp.
Pepper*	1/8 tsp.	1/2 tsp.
Garlic Salt*	1/8 tsp.	1/2 tsp.
Mozzarella Cheese, grated	14 oz.	2 lb. 10 oz.
Oregano	2 Tbsp.	6 Tbsp.

*Omit if tomato sauce already is highly seasoned.

Directions

1. Combine and pour into greased pan (1/2" depth).
2. Bake egg until firm 35-40 minutes at 350° F.
3. Mix and pour sauce over firm egg crust.
4. Sprinkle on cheese and oregano.
5. Place back in oven to melt cheese 5-10 minutes.

Pan Size

48 Servings - 1 (18" x 26")
144 Servings - 3 (13" x 26")

END OF TERM CHECKLIST

Records and Materials

- [ ] File all records including menus records in a safe place. Records are to be retained for a period of three years.
- [ ] File all recipes in recipe box. Cooks and school lunch managers are not permitted to remove the recipe card file or any other pertinent material from the school lunch files. These materials are the property of the school district.
- [ ] Bulletins, newsletters, instruction manuals and other materials should be filed for use again next year.
- [ ] Make accurate inventories of equipment, foods (in dry and cold storage) and supplies in duplicate--one copy for the principal's file and one for the manager's file.
- [ ] Make a duplicate list of needed improvements to be taken care of during the vacation. Give original to the principal or superintendent and put duplicate copy with manager's records.

Storeroom

- [ ] Thoroughly check your entire storage area. Check ventilation and temperature of dry storage rooms, be sure there are no cleaning supplies, etc., left there. Get a thermometer for the storage room so that the temperature can be checked. It should not exceed 70° F.
- [ ] Thoroughly cleanse all shelves, floor racks, bins and other containers with detergent; allow to dry, then sprinkle or spray with insecticide.
- [ ] Plan some way to ventilate the storeroom during the summer months.

Food

- [ ] All USDA commodities should have been utilized so that none are held over the summer months. Menus should have been planned to utilize the food purchases and avoid keeping a large inventory during the summer.
- [ ] Check all remaining foods to be sure they are in good condition and refrigerate if necessary.
- [ ] Repackage broken lots of food in containers with tight fitting lids. All foods, to be placed in frozen storage for summer, should be properly packaged in a moisture and vapor-proof package.
- [ ] Store food on shelves, dollies, or skids--do not put directly on floor.
- [ ] Leave sufficient space between walls and food so air can circulate.
- [ ] All grain products should be placed in covered metal containers, and placed in refrigerated storage. Use metal containers as much as possible to avoid mouse damage.
- [ ] Label and date all foods that are placed in storage so that they may be used first in the fall.
- [ ] If commodities are stored in deep freezers or refrigerators, arrangements must be made to have the custodian check periodically to make sure that there has not been a mechanical failure. Double check the outlets on the refrigerators and freezers to ascertain that they are all plugged in.

Ovens and Ranges

- [ ] If gas, be sure all pilot lights are turned off.
- [ ] Remove grease and food particles from surfaces, cracks and openings of ranges and ovens. If necessary, scrub lightly with metal scouring pads and allow to dry thoroughly. To remove scorched-on food or grease from ovens, set a dish containing a cloth soaked in diluted ammonia in the closed oven overnight to let fumes loosen soil; then scour lightly if necessary.
- [ ] Remove all grills, scrap traps, and oven racks; place in sink and wash with mild detergent; rinse and dry.
- [ ] Clean entire range with mild detergent and warm water; dry thoroughly with clean cloth.
- [ ] Coat entire range and removable parts with a salt-free oil. Leave range and oven doors open with parts out so air can circulate.
- [ ] Clean canopies and hoods of grease and other foreign matter.

Dishwasher

- [ ] Be sure heater is turned off including pilot light of wash tank whether it be gas, electric or steam model.
- [ ] If you have a detergent dispenser, be sure all water and electrical connections are turned off. Clean dispenser with stiff brush and rinse.
- [ ] Remove or raise doors or curtain according to model of machine. Remove the wash pipes and scrap trays. Clean dish tables thoroughly.
- [ ] Place all parts in sink and scrub with brush and hot detergent solution. Wash and rinse curtains or doors of machine. Place parts on clean dish table to air dry. Leave these parts out of the machine and the machine doors open so air can circulate. If machine has curtain, hang over side of dish table to dry and air.
- [ ] Scrub and clean interior of machine with brush and hot detergent solution; rinse. Remove all food particles from food tank.
- [ ] If your machine is equipped with grease or oil connections, these fittings need to be filled with proper oil.

Mixers

- [ ] Remove bowl and attachments. Wash exterior with mild detergent and warm water; rinse and dry thoroughly with clean cloth. When the electrical switch is exposed, the electrical service is disconnected by removing the plug from the wall socket or switch box. Avoid direct contact of water with switch at all times the service is connected.
- [ ] If mixer is floor model, remove lower panel from back and thoroughly clean. Brush bowl raising mechanism with a salt-free oil; replace panel.
- [ ] Follow manufacturer's instruction for oiling and greasing machine.
- [ ] Clean and dry all attachments thoroughly; store in clean dry place so air can circulate.

Reach-In Refrigerator/Walk-In Freezer

The manufacturers recommend that refrigerators and freezers be left clean and in operation during the summer months. Food should not be left in the freeze units of the refrigerator or the deep freezer boxes unless a daily check by a responsible person will be made to assure that the freezing units are operating properly. If they are not left in operation and under careful supervision, the following care is recommended for the refrigerator and deep freeze cabinets.

- ☐ Remove all food. Disconnect from wall socket; if gas refrigerator, cut off the pilot light.
- ☐ Clean interior and exterior thoroughly with mild detergent and warm water, giving careful attention to all shelving. Rinse thoroughly and dry. Baking soda added to rinse water helps destroy "refrigerator odors."
- ☐ Leave all doors open until box is connected and in use again. Put sign on box "Keep Doors Open" so that janitor and others making routine inspection during summer will not by mistake close doors.

Vegetable or Potato Peeler

- ☐ Remove top, peel trap, and peeling disk, and place in sink and scrub with mild detergent; rinse and dry. These items should be left out of the peeler and stored close by so air can circulate.
- ☐ Clean interior of peeler with stiff brush and hot detergent solution; rinse and dry. Leave peeler open so air can circulate.
- ☐ Check grease connections or fittings and fill, as needed, with correct lubricants.

General Areas

- ☐ Remove all vermin and fire hazards, such as oiled cloths, matches, paper, cardboard boxes and trash.
- ☐ Make arrangements for locking lunchroom, cabinets, and storage areas and safekeeping of the keys by responsible school official.

F3433-511.401-5/71

THIRD-CLASS

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DOLORES COLBURG
Superintendent of Public Instruction
Helena, Montana 59601

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Helena 59601

TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

JUL 20 1971
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MARCH - 1971

COMMODITY BRIEFS

The Commodity Receipt and Billing forms for the January-February period will be mailed to schools the first part of March.

The March 31st Inventory forms will be mailed the latter part of March. Please take a physical count of all USDA commodities on March 31, 1971, complete both forms, return the original to the School Food Services office immediately, and retain the copy for your files.

"Open-End" Commodity Estimate forms will be mailed the latter part of March. "Open-End" USDA commodities are available in quantities to meet your program needs; however, the only way in which you can obtain these commodities is by estimating your needs for the 1971-72 school term on the "Open-End" Commodity Estimate form and submitting the form to the School Food Services office by April 9, 1971.

The School Food Services office must submit to the U.S. Department of Agriculture estimates of "Open-End" commodities for all the school food services programs in the State. These estimates are due in the San Francisco office by the middle of April for the August-September shipments, and three months before each of the October, January and April shipments. The School Food Services office is obligated to order these commodities in the amounts that all the schools can utilize during the school year in which they are received. Since there are no storage facilities in Helena, the commodities must be shipped to schools immediately upon arrival. Schools are responsible for commodities that become "out of condition" while in their possession; therefore, school food service managers should exercise as much care in ordering these "Open-End" commodities as they do when ordering purchased food.

Fresh Apples

Schools should refrigerate and use fresh apples at the peak of quality. If commercial storage is necessary, it is recommended that apples be stored at 30° to 32° F., 90 percent relative humidity for no longer than four weeks. Apples also should be checked periodically during this storage period.

Please Note

If you should sell any containers in which USDA commodities have been shipped, the money received must be used in your school food service program.

Important

When planning menus for the remainder of this school term, keep in mind that USDA donated commodities are allocated to schools for use during the year in which they are received. Your End-of-the-Year Inventories should show little or no USDA commodities.

Attention

The commodity clerks need your help to clear their files.

1. If you have shown a shortage on a commodity receipt, received the commodity after submitting the receipt and have not cleared the receipt with a letter, please do so soon.

2. Please report overages as well as shortages.

3. If you are the receiving school of a transfer of USDA commodities, please receipt to this office for the commodities transferred to your school.

USDA Commodities and Their Respective Wholesale Value. This list is in addition to that printed in the December issue of the newsletter.

Commodity	Wholesale Value
Honey (6/5# cans)	$ 6.50 case
Grapefruit Sections, canned (12/3# cylinder cans)	7.45 case
Orange Juice, frozen (12/32 oz. cans)	10.50 case
Apples, fresh (40#)	4.00 box
Process Cheese	21.00 case

Reminder !!!

All commodity acceptance cards, commodity receipt and billing forms, commodity inventories, commodity estimate forms and any other forms that require a signature must be signed in ink. We have had to return many of these cards and forms either because they were not signed or were not signed in ink.

* * * * *

ANNOUNCEMENT

A son, Douglas Charles, was born to Mr. and Mr Robert Andriuk on February 14. Mrs. Andriuk, known to many of you as Darla, was a nutrition consultant on our staff previous to her resignation last July.

CANNED DRIED PRUNES

The canned dried prunes now being offered by the U. S. Department of Agriculture to school lunch programs are a special pack which contains more prunes and less liquid than the regular commercial pack. These dried prunes are partially plumped in a small amount of water and packed in No. 10 cans, 6 per case.

Each No. 10 can of prunes will provide 34 1/2-cup servings of fruit and juice (about 7 prunes per 1/2 cup). NOTE: See Buying Guide information on reverse side of this fact sheet. The prunes are tender and ready to be used in whole or pitted form. If desired, the prunes may be fully plumped according to directions given below.

To plump prunes for serving as prunes and juice:

- Simmer prunes over low heat.
  - Empty contents of No. 10 can into a stock pot.
  - Add about 1-1/2 quarts boiling water per can of prunes and simmer over low heat for about 20 minutes or until tender.

OR

- Let stand overnight in light syrup.
  - Make a light syrup of 3 cups sugar and 1-1/2 quarts boiling water for each No. 10 can. Stir to dissolve sugar.
  - Empty contents of No. 10 can into a larger container.
  - Pour syrup over prunes and refrigerate overnight in covered container.

Storage:

Store canned dried prunes in a cool, dry place at temperatures between 32° and 70° F. Keep opened cans of prunes and prunes removed from cans in the refrigerator until ready to use.

Uses:

Prunes combine well with many foods in school lunches. They can be used with meats, poultry, fish, fruits and vegetables. They are especially appealing when served whole in salads, fruit cups, or as an accompaniment to main dish items. Their rich flavor and deep velvety color combine to make them an attractive and versatile fruit. They are a good source of iron and also contribute some vitamin A to the diet. For variety and added nutritive value, serve prunes often in Type A lunches.

The dried prunes can be used in the following ways as they come from the can: (Invert cans, the night before use, to allow the juice to run through the prunes.)

WITH MAIN DISHES: Serve prunes hot or cold as a garnish for meat, poultry, fish and other main dish items.

IN VEGETABLE DISHES: Add prunes to vegetable dishes such as sweet potato casseroles, glazed carrots and baked squash.

IN SALADS: Combine whole prunes with apples, apricots, bananas, grapes, oranges, peaches, or pineapples, or use in a mixed fruit salad with or without cottage cheese.

Prunes can be stuffed with cottage or cream cheese or peanut butter for use in salads.

IN DESSERTS: Use pitted, whole prunes with apricots, peaches, or pineapple; in upside-down cakes, bettys, cobblers, bread, rice or tapioca puddings. Stuff baked apples with a mixture of prunes and brown sugar.

IN BREADS AND STUFFINGS: Chopped, pitted prunes can be used in muffins, coffee cakes, fruit-nut breads, and Boston brown bread. They can also be used in oatmeal, peanut butter, or fruit-bar cookies.

Add prunes to bread stuffing to enhance roast beef, pork, lamb, veal and poultry.

Add the following yield information on the special pack of canned dried prunes to page 56 of your FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES, PA-271:

Vegetables - Fruits

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PRUNES					
Canned					
Special pack	No. 10 can	34.00	1/2 cup fruit & juice (about 7 prunes)	3	1 can = 110 oz. drained fruit (about 3 qt. partially plumped)
		68.00	1/4 cup fruit & juice	1-1/2	
Market pack (See Food Buying Guide - Page 56)					

* * * * *

SALAD OIL, VEGETABLE

The salad oil being distributed to eligible outlets (schools and institutions) is processed from 100 percent cottonseed oil. It may be used in salad dressings, baked products and sauces, and for frying and seasoning. Try to use some vegetable oil among the fats used in lunches each day.

Packaging

The salad oil is packed in one-gallon metal cans with 6 cans per case. Each one-gallon can contains about 8 pounds of salad oil.

Storing

Store cans of salad oil in a cool, dry place at temperatures between 32° and 70° F. Clean spout and replace screw cap tightly on can after each use. Exposure to air causes oil to lose quality.

Yields

For general use oils, lard or hydrogenated shortening are interchangeable by weight but not by volume. One pound is approximately 2 cups of oil or lard and 2-1/4 cups hydrogenated shortening.

Uses

- Use in recipes specifying oil or melted fat (lard), such as muffins, cornbread, brownies, main dishes, salad dressings, sauces.

- Oil may be used in the following recipes in the card file, "Quantity Recipes for Type A School Lunches, " PA-631:

Cereal Products

Cornbread B-6

Desserts

Brownies C-9

Main Dishes

Baked Ocean Perch Fillets in Spanish Sauce D-14
Braised Beef D-18
Lasagne Casserole D-27
Liver Creole D-29
Mackerel Cakes D-31
Oven-Fried Chicken D-34
Oven-Fried Liver D-35

Main Dishes--continued

Oven-Fried Yellow Perch Fillets D-36
Pigs in Blankets D-37
Swiss Steak D-46

Salad Dressings

Basic French Dressing F-1
Mayonnaise F-3
Sweet French Dressing F-4

Sandwiches

Barbecued Beef on Roll G-2

Sauces and Gravies

Meat Sauce H-3

* * * * *

COOK'S CORNER

Slice bananas into orange juice before putting on a cake. Keeps them from turning brown.

To cook eggs for egg salad sandwiches, break eggs into a greased steam table pan and bake in oven or cook in steamer until done, usually 20 minutes.

To prevent raisins from "sinking" in cake, sprinkle them with moisture and heat them in a shallow covered baking pan in the preheating oven to plump them.

Delicious topping is a cream substitute and easily made by adding a sliced banana (ripe) to the white of one beaten egg and beating until stiff. The banana will completely dissolve.

Grated cheese added to mayonnaise gives a delicious flavor to salads made with peaches, pears, or apples.

Stuff prunes with peanut butter and serve on lettuce leaf.

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentifood for the month of March. It is suggested that local availability and price be considered when purchasing.

Peanuts and Peanut Products, Grapefruit, Oranges and Orange Juice, Pork, Prunes, Canned Peaches, Potatoes and Eggs.

SCHOOL LUNCH WORKSHOPS

Workshops will be conducted in Great Falls and Billings during June. The Great Falls area meeting will be conducted June 14-15 and the Billings area meeting June 17-18.

As you think about your summer vacation, make this one of your trips. PLAN TO ATTEND. Additional information will be sent later.

* * * * *

LEFTOVERS

Avoiding leftovers is an important part of good management. Food Production should be carefully controlled in order to reduce the amount of leftovers. The proper use of "Food Buying Guide for Type A School Lunches", PA-270, and standardized recipes such as "Quantity Recipes for Type A School Lunches", PA-631, assures the purchasing and preparation for the number of servings needed and will eliminate an excess of leftover foods. However, if foods are leftover be sure they are refrigerated or frozen promptly.

-- United States Department of Agriculture

* * * * *

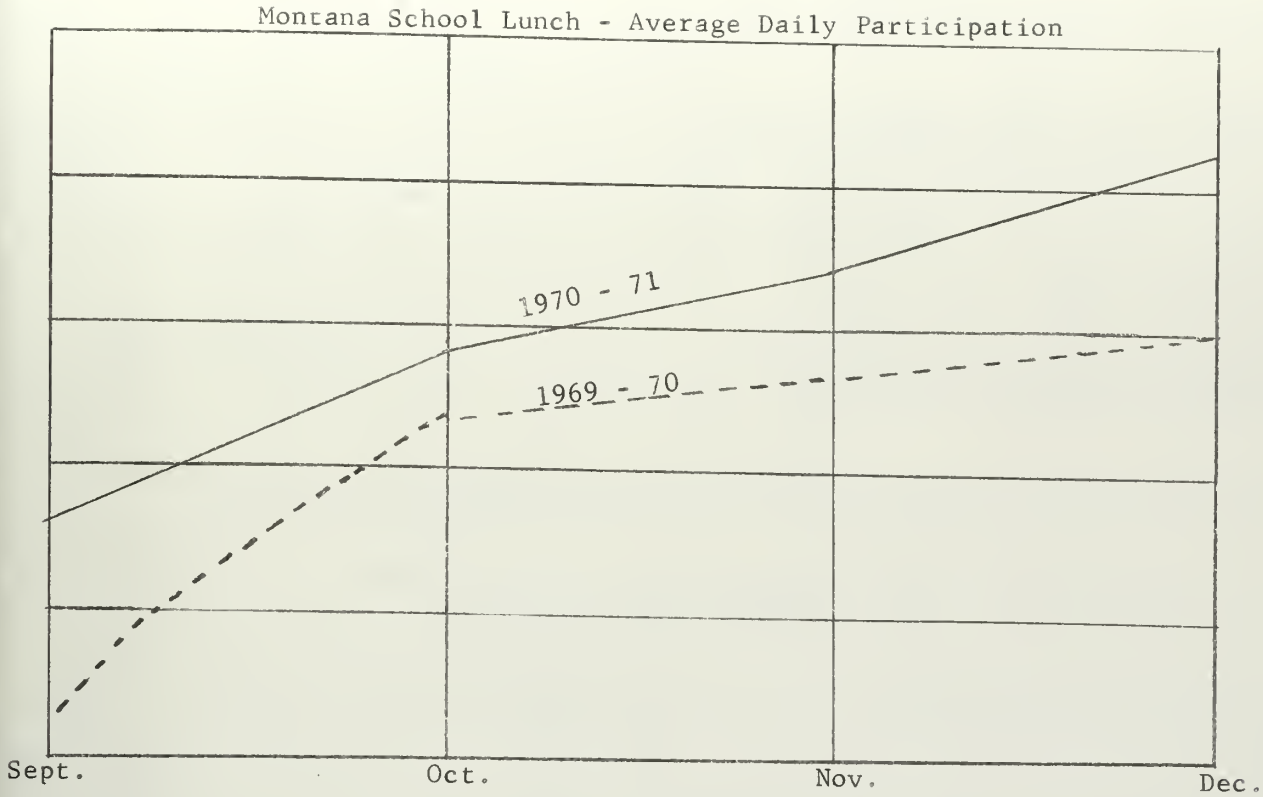
INCREASE IN PARTICIPATION

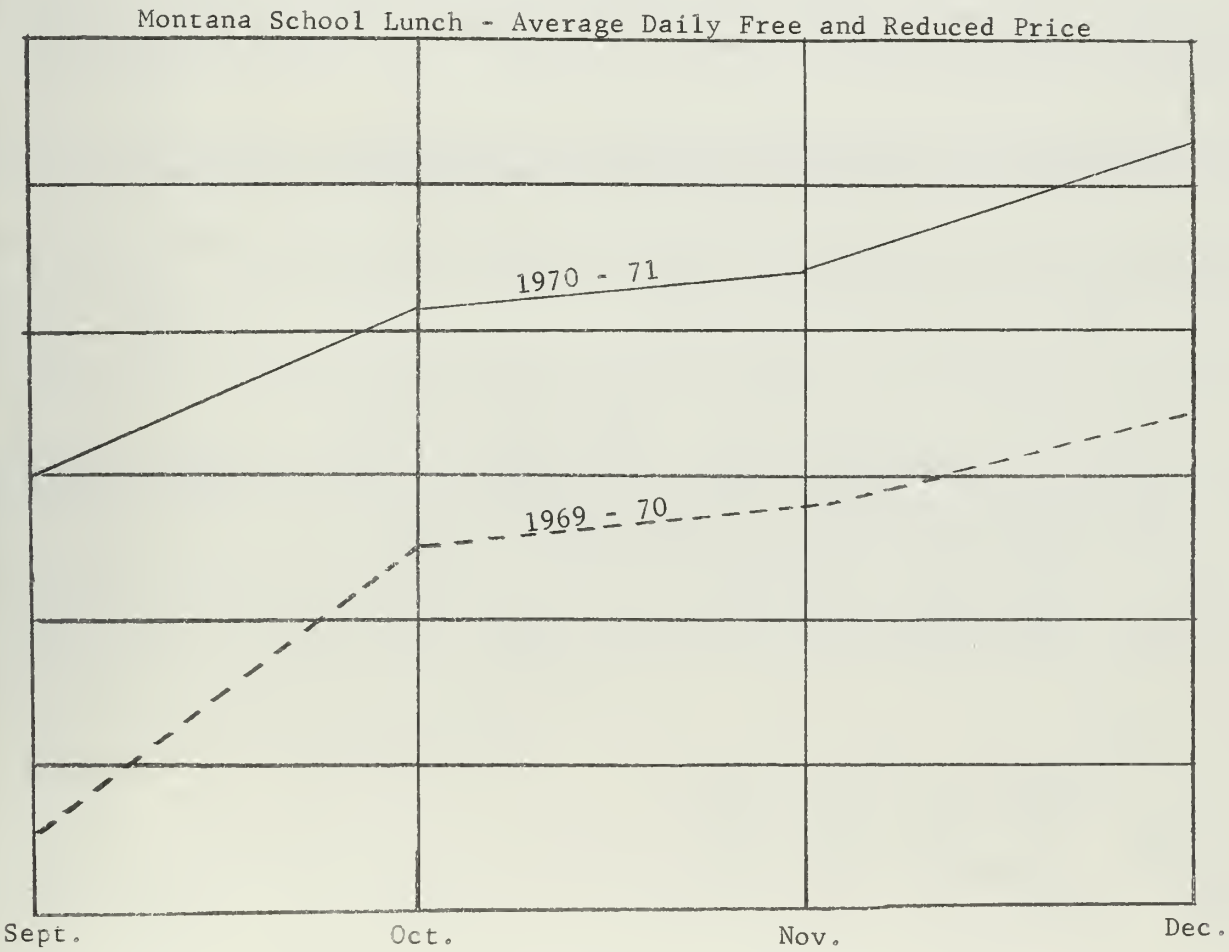
You might be interested in the following graphs which show the increase in average daily participation and average daily free and reduced price meals. These graphs are based upon a comparison of the September, October, November and December monthly reports of 1970 with the same months of 1969.

The percentage increase in average daily participation is significant. September increased 6.5 percent from 1969 to 1970. October increased 2.8 percent, November increased 2.9 percent and December increased 5.8 percent from the 1969 months.

The percentage increase of free and reduced priced meals is also outstanding. September 1970 percentage increase was 50.2 percent above September 1969. October showed a 22.5 percent gain, November showed a 20.4 percent gain and December a 29.1 percent gain over the same months of 1969.

(See graphs on next page.)


Montana School Lunch - Average Daily Participation
1970 - 71
1969 - 70
Sept.
Oct.
Nov.
Dec.


Montana School Lunch - Average Daily Free and Reduced Price
1970 - 71
1969 - 70
Sept.
Oct.
Nov.
Dec.

LIVER BEEFS UP SCHOOL LUNCH PLATES

Adding liver to meat loaf served in school lunch programs is an acceptable way to increase iron intake, Hilda Jo Jennings of Oklahoma City found in her research for a Ph. D. degree in education at Oklahoma State University.

She did her study in two junior high schools of the Choctaw school system. In each school, students ate three variations of a meat loaf recipe developed in a college foods class.

In one variation, the meat was all beef. In another, liver was substituted for five percent of the beef. And in the third variation, liver replaced 10 percent of the beef.

On each observation day in the two schools, Dr. Jennings checked the plate returns to determine how many students found the meat loaf variations acceptable.

On the basis of the study, she recommends that liver-enrichment is an acceptable way to increase dietary iron for certain groups of people.

The principle of adding ground liver to ground meat dishes can be used even more successfully in highly seasoned entrees such as chili con carne, spaghetti sauce, lasagne and "sloppy Joe's."

Meat loaf was chosen for this study because the plate returns could be measured more easily than the return of other foods.

Dr. Jennings chose iron enrichment for her study because of the prevalence of iron anemia and the 1968 revision of the Recommended Dietary Allowances which provides for increased amounts of iron for infants, adolescents and women in their reproductive years.

Anemia caused by lack of iron is the most common type of anemia and has been studied longer and more extensively than other types of nutritional anemia.

The gap between intake and needs in certain age groups led to recommendations during the White House Conference on Foods, Nutrition and Health that iron fortification of foods be increased and expanded.

Dr. Jenning's experience with teaching school lunch cooks in workshops during the past six years increased her interest in school lunch programs.

She also chose her research topic because she wanted to improve nutrition education programs and help school lunch personnel, high school vocational teachers, extension home economists and others involved in teaching nutrition.

Dr. Jennings is now assistant professor in the home economics department at Central State College. Her husband, Al, is director, school lunch division, Oklahoma State Department of Education.

--From Oklahoma School Lunch News
February 1971

St. Patrick's Day Menus

trick's Day
rch 17

Sure and begorra, St. Patrick himself would be honored to be served such "yummy" school lunch menus.

Irish Stew
Shamrock Salad (shredded cabbage and grapefruit sections in lime gelatin)
Baking Powder Biscuits and Butter
Prune Spice Cake w/Green Tinted Frosting
Milk

Pork Patty - D-53
Parslied Potatoes
Emerald Salad (Lime gelatin with orange sections)
Green Beans
Cornmeal Muffins and Butter
Shamrock Cookies (Use your favorite recipe and cut with shamrock cutter and sprinkle with green sugar.)
Milk

* * * * *

RECIPE SECTION

MILE HI PIE — Serves 400

10 pkgs. frozen strawberries or raspberries: (8 oz. packages) (buy 4/$1.00 on sale)
5 cups sugar
1/2 cup plus 2 tbsp. lemon juice
1-1/4 tsp. salt
20 egg whites
2-1/2 qts. whipping cream (try this with whipped dried milk - USDA Card C-26)
2-1/2 cups powdered sugar
1/4 cup vanilla

Combine first five ingredients; beat 20 minutes. Beat the cream, powdered sugar and vanilla until stiff; fold whipped cream into berry mixture.

Crust

2-1/2 lbs. butter
2-1/2 cups brown sugar
10 cups flour

Mix and press into pan - 16 x 24 cookie sheet. Press level in pan. Bake at 375° F. for 10 minutes. Take out and scrape mixture towards center of pan with spatula and crumble. Sprinkle on bottom of pans; reserve some for top. This is enough for six 12 x 18 pans. Pile berry mixture in pans and sprinkle some of the crumb mixture on top. Freeze. Take out of freezer 1 hour before serving time; put in refrigerator; then cut and serve. Can freeze 1 week ahead of time. One can also make crumb mixture one day and filling the next. Use egg yolks to make doughnuts or in salad dressing. Can also substitute graham cracker crust recipe for above crust recipe.

--From North Dakota School Lunch News
Beach School Lunch Program
Ida Braden, Head Cook
Ilene Gunkel, Assistant

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DOLORES COLBURG
Superintendent of Public Instruction
Helena, Montana 59601

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TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

FEBRUARY 1971

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VARIETY IS THE SPICE OF LIFE

Trite but true! Sameness promotes monotony. The most nutritious foods, no matter how excellently prepared and attractively served, soon loose their appeal when they are repeated too often on the School Lunch menu.

Variety in your school lunch is restricted only by the limitations of your imagination. There are many ways of adding appeal to tired, worn out lunches. No main dish needs to be repeated within a three to four week cycle. (Planning menus ahead will eliminate too many repetitions of this most important protein item.) The possible variations in the fruit and vegetable requirement are also unlimited when you consider all of the different methods of preparation and the various combinations of these fruits and vegetables that will add variety to your menus. Since cabbage is an excellent source of Vitamin C, serve it often but vary the method as often as possible. Try a Sea Green Salad, using lime gelatin with shredded cabbage, diced celery, cucumber and green pepper, topped with a fruit or mayonnaise dressing. Cheese-Pineapple Salad, using lemon gelatin with the drained juice from crushed pineapple as part of the liquid, is tasty. Add crushed pineapple, shredded cabbage, shredded cheese with either slivers of red pimento or green pepper for color. Wedges of cabbage may be arranged attractively on a plate with other raw vegetables, all served as finger foods. Try combining shredded cabbage and shredded lettuce with a favorite school dressing. Orange sections added to shredded cabbage give zip and sparkle. Minature marshmallows combine nicely with either drained crushed pineapple, grapes or diced apples to add variety of flavor and texture to the ever popular Cole Slaw.

Green beans, another school lunch favorite, can be served in such a variety of ways. Combine with bacon crumbles and just a bit of the bacon drippings before heating. Occasionally add vinegar and sugar (just to season) along with the bacon bits. Delicious vegetable casseroles may be made of combinations of vegetables, either creamed or plain, beautifully oven-browned with a crispy butter crumb topping. Try green beans with cabbage, carrots, wax beans, limas, corn or small onions. Don't be afraid to experiment! Many high school students like a salad using green, red and yellow beans with either a french or tart vinegar dressing. Occasionally fix something special for your "teens." They may be more receptive to these new foods having an adult flavor if you let them know it was prepared especially for them. Even the same food item may serve many purposes in the menu. For example, carrots may be used in the main dish (hearty stews, hamburger/vegetable casseroles, or piping hot beef vegetable soup), as a vegetable, in tossed or gelatin salads, as a garnish and even in desserts. (Carrot cookies are delicious.)

Even an assortment of shapes adds attractiveness and appeal to any school lunch tray. Cornbread may be cut into squares, triangles, rectangles or made into little round muffins.

Here are but a few suggestions. I'm sure you can think of many more. Exchange ideas with school lunch personnel from neighboring schools. You might even like to set aside a few minutes at your next area meeting for buzz sessions in which you can share methods of preparing and serving new foods, as well as new combinations of the old favorites.

High school students want and should have an occasional choice on the menu. It could be in the main dish, the vegetable, the salad or even the dessert. But remember, plan carefully so that the two choices will have the same food value. (For example, a suitable choice might be a citrus salad or green salad with chopped raw spinach or even sliced tomatoes since all three have Vitamin C. Another choice might be fresh fruit or baked apple as both help to fulfill the fruit/vegetable requirement.) Sure, it takes a little added effort, but the results will be evidenced by a group of happy, well-satisfied customers.

--Food for Thought-Food for Nutrition
Mary Lou Faragher

* * * * *

DRIED PEAS

Dry peas are an interesting and versatile food group that adds variety to meals. Dry peas may be green or yellow and may be bought either split or whole.

Green dry peas - This type of dry peas has a more distinct flavor than yellow dry peas. Green dry peas enjoy their greatest popularity in the United States, England and North European countries and are gaining in popularity in Japan.

Yellow dry peas - This type of dry peas has a less pronounced flavor than other types of peas but is in popular demand in the Southern and Eastern parts of the country. Yellow dry peas are also preferred in Eastern Canada, the Caribbean and South America.

Dry split peas - These peas have had their skins removed and they are mainly used for split pea soup. Dry split peas also combine well with many different foods. How do split peas get split? Specially grown whole peas are dried and their skins are removed by a special machine. A second machine then breaks the peas in half.

Dry whole peas - These peas are used in making soups, casseroles, puddings, vegetable side dishes, dips and horsd'oeuvres.

Green and yellow whole peas and green and yellow split peas, although they vary a little in taste, are used interchangeable in many recipes and in making soups. Individual preference is the deciding factor here. Remember, though, there is a difference in soaking procedure for whole and split peas.

Dry peas are served in many ways - "just plain boiled" and served with butter, for example, they serve as a welcome dish with meats, fish, poultry and game. They can also be served as a puree and they can be made into dips, patties, croquettes, stuffed peppers and even souffles.

From: How to Buy Dry Beans, Peas and Lentils
Home and Garden Bulletin No. 177

COOKING HINTS for Split Peas

Cook 1/2 pound split peas with a small amount of water (to form a smooth paste) and use in main dishes such as meat gravies, stews, chili and other foods. (This amount is used for about 25 servings.) This is a good thickener and also helpful for increasing the protein content of main dishes.

Cook split peas with ham bone, shoulder ham, ham hock or frankfurters. Cooked split peas combined with precooked meats like tuna fish or liver loaf can be baked as individual casseroles. The flavor of cooked split peas can be varied by seasoning with onion or garlic, sour or sweet cream, curry powder or paprika.

QUESTIONS and ANSWERS on DRY SPLIT PEAS

Q) How do dry split peas rate in food values?
A) Dry split peas have high nutritional values and contain energy-building calories and protein.
Q) What other important nutritive values exist?
A) Dry split peas are rich in minerals, including iron, calcium and phosphorus, and they also supply valuable thiamine, riboflavin, niacin and Vitamin A. In addition, they are low in fat.
Q) What is the most popular way to serve split peas?
A) Split pea soup.
Q) Is split pea soup suitable for all types of food service?
A) Yes. A variation in the base or garnish will make split pea soup suitable for the most gourmet restaurant or the hospital tray.

Prepared by the Idaho-Washington Dry Pea and Lentil Commissions, Moscow, Idaho

* * * * *

COOK'S CORNER

For a different sandwich spread, combine peanut butter, applesauce and crumbled crisp bacon. Since this filling may not meet the Type A requirement, accompany with cheese wedges or deviled eggs.

A cup or two of pineapple chunks and a dash of nutmeg will add a new flavor treat to applesauce.

Sprinkle ground cornmeal into stews or other meat dishes requiring some thickening. It automatically creates a smooth gravy with just a small amount of stirring.

Meat gravies take on additional flavor when thinned with the water in which vegetables have been cooked.

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentiful for the month of February. It is suggested that local availability and price be considered when purchasing.

Prunes, Potatoes, Pork, Onions, Grapefruit, Orange Juice, Peanuts and Peanut Products, Grapefruit Juice, Broiler-Fryers, Oranges and Apples.

REFRESHING GRAPEFRUIT - in abundant supply

Grapefruit are now in abundant supply, according to the Consumer and Marketing Service of the United States Department of Agriculture.

The main distinction between grapefruit varieties is the "seedless" or "seeded" types. White fleshed fruit is most common, but pink or red fleshed varieties are increasingly available.

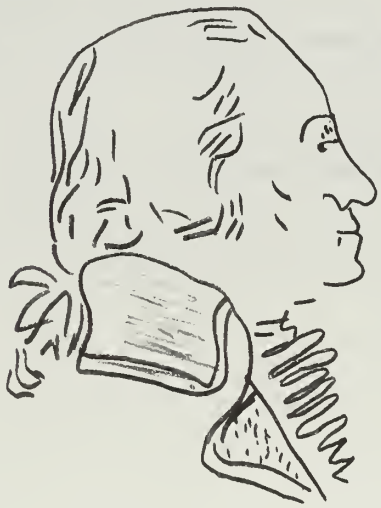
High quality grapefruit are firm, well-shaped and heavy for their size. If a grapefruit is pointed at the stem end or has rough, ridged, or wrinkled skin, it's probably thick skinned, pulpy, and lacking in juice. Grapefruit often have scars or discoloration on the skin, but these usually don't affect the quality.

NO CRANBERRIES

We regret to inform you that the cranberry order was cancelled. The contractor could not complete his contract prior to the holidays and the fresh cranberries are no longer in suitable condition.

WORTH REPEATING

How a child begins his day at school is important--important to the child and important to the school. A good breakfast makes a child more alert, less fatigued, less of a disciplinary problem and a better student.



MENU SUGGESTIONS

Meat Loaf*, D-32 Gravy*, H-1
Buttered Steamed Rice*
Seasoned Green Beans*
Carrot Sticks
Rolls* and Butter*
Cinnamon Applesauce*
Milk

Beef Stew with Vegetables
Cottage Cheese Salad
Rolls* and Butter*
Chilled Apricots*
Milk

Hot Dogs, Mustard and Catsup
Buttered Weiner Buns*
Tossed Vegetable Salad w/dressing
Apricot-Prune Sauce*
Peanut Butter-Raisin Cookies*, C-20
Milk

Baked Beans* with Franks, D-12
Cole Slaw with Chopped Green Peppers
Biscuits* and Butter*
Chocolate Pudding w/whipped topping
Milk

Chili Con Carne with Beans*, D-22
Cabbage-Pineapple Salad*
Bread and Butter*
Prune Spice Cake*
Milk

Spaghetti with Ground Beef*, D-26
Buttered Spinach
Celery and Carrot Sticks
Bread* and Butter*
Peach Sauce*

Ground Pork or Beef Pizza*
Bay Leaf Flavored Mixed Vegetables
Jellied Applesauce Salad*, E-8
Milk

Cream of Potato Soup, I-3
Tuna Salad or Grilled Cheese or Egg Salad Sandwich
Apple Crisp*, C-3
Milk

Macaroni and Cheese with Eggs, D-30b
Buttered Peas
Whole Wheat Muffins* and Butter*
Strawberry Gelatin with fruit
Milk

Beef Pattie*, D-16 Pickles, Mustard and Catsup
Buttered Hamburger Bun*
Mixed Vegetable Salad, E-14
In-season Fresh Fruit
Brownies*, C-9
Milk

* Commodity Utilization

RECIPE SECTION

PEACH PEANUT BUTTER CRISP

Ingredients

3 #10 cans peach slices
2 lb. prunes, plumped, pitted and chopped
2 lb. butter
4 lb. sugar
2 lb. flour, sifted
4 lb. peanut butter
3 lb. rolled wheat

Directions

1. Drain peaches (Save syrup for gelatin salads, etc.)
2. Combine peaches and prunes. Measure about 3 qts. into each of 2 sheet pans (26x18x1").
3. Cream fat and sugar; mix in flour until crumbly; mix in peanut butter and rolled wheat until crumbly. Do not overmix.
4. Sprinkly 5 qts. (7 lbs.) peanut butter mixture over each pan of fruit.
5. Bake at 400° F. (hot oven) 20 to 25 minutes, until golden brown.

Portion: About 2/3 cup--1/4 cup fruit.

--The Peanut Growers of Alabama and Georgia

* * * * *

PEANUTS - A really "nutty" source of protein.

* * * * *

NATIONAL PEANUT WEEK - March 3-13, 1971

* * * * *

SHARE YOUR RECIPES

You are invited to share your favorite recipes with other school food service workers in Montana through publication in our Newsletter. New recipes for main dishes, baked foods, salads, sandwiches, vegetables and desserts will be helpful to others who are searching for something different to serve.

Please follow these suggestions when submitting your recipes.

1. Test the recipe thoroughly. Record the yield in number and size of portions.

2. Follow the procedure for writing the recipe that is being used in Newsletter recipes.

3. Omit weight measurements if you do not use them and are not sure of the correct weight.

4. List the step-by-step directions clearly.

5. Have someone else read the recipe to decide whether the entire procedure is clear.

F3295-511.401-1/71

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TREASURE STATE SCHOOL FOOD SERVICES NEWSLETTER

State of Montana
Office of the Superintendent
of Public Instruction
Dolores Colburg, Superintendent
Helena 59601

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JANUARY - 1971

START THE DAY RIGHT WITH BREAKFAST

Breakfast is absolutely the most important meal of the day. After the long night's fast, everyone--from the busiest toddler to the highest-powered executive--needs to replenish body fuels to stoke up energy for the morning tasks. People are more alert, more efficient and more resistant to fatigue when they take enough time to eat, not gulp, a well-rounded breakfast.

The morning meal should provide proteins, vitamins and minerals, in addition to food energy (most people do not make up at other meals the needed nutrients from a skipped breakfast). To be adequate it should offer a protein rich food, some milk and a serving of a fruit or fruit juice high in vitamin C.

The wide, very nutritious variety of milk and dairy products, recommended by the Consumer and Marketing Service of the United States Department of Agriculture provide an extremely palatable, and sometimes surprising, choice of foods for the breakfast table.

Serve a scoop of ice cream atop either a hot or cold cereal. Ice cream and frozen orange juice concentrate will provide energy inciting nutrition. In a mixer or blender, beat until smooth 3/4 cup frozen orange juice concentrate (thawed) with 1/2 pint vanilla ice cream and 3 cups milk. Makes about four icy cold servings.

Try dropping a cube of Cheddar cheese in the center of each plain muffin before baking.

F3257-511.401-1/71

HINTS ON COOKING EGGS

Eggs are almost magically versatile as a main menu item, but it takes considerable skill to cook one just right. To ensure the best eating quality, they should be cooked with low to moderate heat for just the right length of time--never overcooked. This is a fundamental rule of egg cookery that applies whether your cooking medium is water, the frying pan, or the oven.

Heat coagulates and sets the protein and the egg becomes firm. A properly cooked egg has a tender white and a smooth yolk. If cooking temperatures are too high, or the egg is cooked too long, the protein shrinks and the egg white becomes tough, the yolk mealy.

Considerable lore has been written on how to hard cook an egg and even more about how to peel one. It's very simple, according to USDA home economists. Put the eggs in a pan and cover with water. Bring the water to the simmering stage and allow to simmer for 20 to 25 minutes. Do not let the water boil. Serve the eggs hot or plunge them at once into cold running water and leave until cold. Then peel.

(Note: The green discoloration which sometimes appears between the white and the yolk of a hard-cooked egg results from a chemical reaction between sulfur in the white and iron in the yolk. It's unattractive, but harmless. Cooking eggs at a low temperature, avoiding overcooking and cooling them promptly will help prevent it.)

* * *

EGG SOLIDS

The following companies process dried egg solids under United States Department of Agriculture supervison. For complete information as to the type of dried egg solids processed, the size container available and area of distribution, write directly to the companies.

Buyers should specify that egg products bear the USDA inspection mark. The USDA inspection mark on the package means that the egg products were prepared under the continuous supervision of a USDA licensed inspector, that they were processed in a sanitary manner in an approved plant with proper facilities and pasteurized in accordance with USDA's "Regulations Governing the Grading and Inspection of Egg Products."

It is generally impracticable to give a complete list of processors. In furnishing a partial list, it should be understood that no discrimination is intended and no guarantee of reliability implied.

Ballas Egg Products, Corp., 40 North 2nd St., Zanesville, Ohio 43701
V. J. Benincasa Co. and Brown Produce Co., Inc., Farina, Illinois 62838
Commercial Creamery Co., 159 Cedar St., S., Spokane, Washington 99204
Continent Foods Corporation, Marionville, Missouri 65705
Harp's Green Valley Farms, Inc., 309 N. Oklahoma St., Shawnee, Okla. 74801
Henningsen Foods, Inc., 2501 College St., Springfield, Missouri 65802
Henningsen Foods, Inc., Norfolk, Nebraska 68701
Marshall Produce Co., 102 North 8th St., Marshall, Minnesota 56248
Mid-Central Egg Products, Inc., 111 South 10th St., Hiawatha, Kansas 66434
Monark Egg Corp., 601 E. 3rd St., Kansas City, Missouri 64106
National Egg Products, Inc., P. O. Box 338, Social Circle, Georgia 30279
Nebraska Egg & Poultry Co., Sub. Henningsen Foods, David City, Nebraska 68632

Oskaloosa Produce Co., 546 9th Ave., E., Oskaloosa, Iowa 52577
A. J. Pietrus & Sons Co., 120 East Pine St., Sleepy Eye, Minnesota 56085
Roberts Dairy Co., 220 S. 20th St., Lincoln, Nebraska 68510
Seymour Foods Inc., 101 N. Kansas Ave., Topeka, Kansas 66603
Seymour Foods Inc., 315 Winter St., Monroe City, Missouri 63456
Southwestern Egg Producers, 1855 Iowa Ave., Riverside, California 92507
Tharp Bros., Pangburn, Arkansas 72121
Trainin Egg Products Co., 500 E. 3rd St., Kansas City, Missouri 64106
Milton G. Walbaum Co., Main St., Wakesfield, Nebraska 68784
Wenk Produce Co., 121 Southeast 2nd St., Madison, South Dakota 57042

* * *

FROZEN GROUND PORK

The frozen ground pork being offered to school lunch programs by the United States Department of Agriculture has been ground to assure even distribution of lean and fat. The average fat content does not exceed 28 percent. There are four individually wrapped and frozen ground pork blocks in each container. Each block weighs approximately 12-1/2 to 15 pounds. The net weight of the shipping container is 55 pounds. No seasonings have been added to the ground pork, hence it can be used in a variety of ways.

KEY POINTS FOR HANDLING FROZEN GROUND PORK

STORING

- Store frozen ground pork in freezer in shipping containers.
- Keep hard-frozen at 0° F. or below.

THAWING

- Remove from freezer storage only the amount needed for one day's use. For 100 two-ounce servings of cooked meat allow 20 pounds.
- Thaw ground pork in original wrapper in refrigerator (35° to 40° F.).
- Allow approximately 24 hours to thaw the meat sufficiently to mix easily.

COOKING

- Cook ground pork within 24 hours after thawing. DO NOT REFREEZE.

USING

- Use in making Barbecue, Chili, Chinese Pie, Country Fried Steak, Lasagne, Meatloaf, Meat-Potatoburgers, Meat and Spaghetti, Sausage Patties, Scrapple, Spanish Rice and Stuffed Peppers.
- The following recipes and variations of recipes from "Quantity Recipes for Type A School Lunches," PA-631, make good use of ground pork:

. Lasagne Casserole D-27
. Beef-Pork Loaf D-32a
. Meat-Potatoburgers D-33
. Pizza D-38
. Veal-Pork Patties D-49c
. Barbecued Pork G-2b

From: United States Department of Agriculture
Food and Nutrition Service
Southwest Region, Dallas, Texas

FAT in SAUSAGE - Tested by USDA

The United States Department of Agriculture has announced that laboratory reports during the third quarter of 1970 show that 97.8 percent of cooked sausage samples were in compliance with the procedural requirements for fat content. This is up from 96.4 percent during the second quarter and 96.1 percent during the first quarter.

The tests were made as part of the federal meat inspection program's continual check on plant production procedures and inspection controls over the composition of cooked sausage, such as frankfurters and bologna. A 30 percent fat limit in these products became effective in October 1969.

CORRECTION

In the December issue of the Newsletter, we made an error in listing commodities distributed and their wholesale value. Frozen ground beef was listed twice instead of frozen ground pork. The following is correct:

Commodity	Value Per Unit
Frozen Ground Beef	$35.75 box (55#)
Frozen Ground Pork	29.70 box (55#)

THE COOK'S CORNER

Apply a thin coat of butter or margarine to the cut surface of cheese to prevent drying out under refrigeration.

Use scoops for filling muffin tins, measuring sandwich fillings, serving mashed potatoes, rice, etc. To assure standardized portions, keep records of the sizes of scoops used. Be sure that scoops are just full rather than running over.

Roll out cobbler crust on cooky sheet. Cut into squares or other shapes. Bake. Then put on warm fruit which has been cooked and thickened.

Grated cheese added to mayonnaise gives a delicious flavor to salads made with peaches, pears or apples.

PLENTIFUL FOODS

The United States Department of Agriculture lists the following foods as plentiful for the month of January. It is suggested that local availability and price be considered when purchasing.

Pork, Canned Applesauce, Dry Peas, Apple Juice, Fresh Oranges, Fresh Grapefruit, Frozen Concentrated Orange Juice, Canned Grapefruit Juice, Canned Orange Juice, Fresh Potatoes, Fresh Apples and Dry Onions.

DRIED BEANS

In response to many inquiries regarding the storage and preparation of dried beans, we share the following with you:

STORING

"USDA Gives Tips for Storing Dry Beans -- Keep dry beans, peas and lentils in the original package until opened. Once opened, store in tightly covered containers in a dry, cool place (50-70 degrees). Stored in this manner, they will keep their quality for several months.

After opening a package, don't mix the contents with that of other packages bought at separate times, particularly several months apart. Mixing packages will result in uneven cooking since older beans take longer to cook than fresher ones."

From: USDA, Western Region, Consumer and Marketing Service, September 25, 1970, leaflet No. 1387, "Factors in Food."

SOAKING

"To shorten the cooking time, dry beans and peas are soaked to absorb water before cooking. The rate of rehydration is faster in hot water than at room temperature. Dry beans absorb as much water in 1 hour when soaking is started by boiling them in water for 2 minutes as they do in 15 hours in cold water. When the beans are cooked in the liquid used for soaking, they are as pleasing as those prepared by the standard practice of soaking overnight. Dry beans cooked without soaking take longer to cook and are not as tender as those soaked before cooking.

The minerals naturally occurring in hard water, such as the salts of calcium and magnesium and sometimes iron, affect the softening of dry beans during cooking. The beans will be hard and tough if the water is very hard. The time required for cooking dry beans in softened water is much shorter than in hard water. The addition of small amounts of sodium bicarbonate softens hard water and has a softening effect on dry beans and consequently will shorten the cooking time considerably. Excesses of soda will increase the loss of the B vitamins during cooking."

From: Food, the Yearbook of Agriculture, 1959

PREPARATION TIPS

- A teaspoon of salt for each cup of dry beans, peas, or lentils will suit the average taste. For special flavor, add onions, herbs, or meat. Add salt and flavoring only after soaking since salt toughens the surface of the beans and increases cooking time.

- Always remember to allow for expansion of beans, peas and lentils when cooking. For example, depending on the kind, one cup of the dried beans yields 2 to 2-3/4 cups of cooked beans.

From: How to Buy Dry Beans, Peas and Lentils
Home and Garden Bulletin No. 177

This bulletin is available for 25 cents at:

Superintendent of Documents
U. S. Covernment Printing Office
Washington, D. C. 20402

HOLIDAY GREETINGS TO EACH OF YOU.

Christmas and the New Year are occasions when I, like you, look both into the past and future --- into the past to the dying year of those hopes and achievements fulfilled and into the future towards the unknown.

In the past months, we have had some drastic changes in regulations governing our school food service programs. With these changes, it becomes more important than ever before that we keep abreast of the continuing changes and happenings and relate them to each member of our association.

American School Food Service Association has a well honored past, a demanding present and we believe, a most challenging future. We feel that if the school food service program facilitates the provision of educational services and it also provides valuable learning experiences, it should be made available to all children. That is, the program should be so financed that one hundred percent of the pupils can participate in the program. This desirable goal can be accomplished by initiating legislation to have the entire cost of school food service programs financed from public funds.

The Executive Board and the Legislative Committee can lead the way. However, we will need enthusiastic cooperation and dedicated determination to succeed from every state association in order to accomplish our goal. This means that you as leaders, must accept the responsibility to lead your state in active participation. Success or failure could be in your hands as we attempt to measure up to the challenges of the future.

"have a real happy
plum puddin
mistletoe
and all that
good stuff that
goes with
Christmas"

Elsie S King

Elsie S. King
Western Regional Director
American School Food Service Association

CHUCK WAGON SPECIAL
(96 3/4 cup portions)

Ingredients

3 lb. Macaroni
12 lb. Ground Beef
2 lb. Onions, chopped
1/2 cup Salt
1/2 cup Chili Powder
2 T. Sugar
1 T. Garlic Powder
2 qt. Tomato Paste
3 lb. Cheese
2 No 10 cans Corn, whole kernel

An equivalent amount of frozen peas may be substituted for 1 can corn.

Directions

1. Cook macaroni until tender in boiling salted water. Drain, rinse and drain again.
2. Cook together ground beef and onions until beef is slightly brown.
3. Add seasonings and tomato puree and simmer 5 minutes. Add cheese and stir until melted.
4. In each of three oiled 12 x 20 x 2-1/2" pans, layer 1-1/3 qt. macaroni and 1 qt. of the meat mixture. Distribute 1-3/4 qt. corn in a layer in each pan. Over this, layer the remaining 1-1/3 qt. macaroni and then the remaining 2 qt. meat mixture.
5. Bake at 350° F (moderate) for 30 minutes or until thoroughly heated.
6. Mark each pan 4 x 8.

BAKED STUFFED MEAT LOAF
(100 3x3-1/2" portions)

Ingredients

Dressing

9 lb. Dry Bread, cubed or chopped
3 cups Parsley, chopped fine
3 cups Celery, chopped fine
3 cups Onions, chopped fine
3 cups Margarine, melted
1-1/2 T. Sage or Poultry seasoning
1-1/2 T. Pepper
1 T. Salt
1 cup Beef Extract

Directions

1. Combine cubed or chopped dry bread, parsley, celery and onions; add melted margarine, sage, pepper and salt.
2. Combine beef extract and water. Add to above mixture. Toss lightly and place in two large steamtable pans.

Meat Mixture

15 lb. Ground Beef
4-1/2 lb. Dry Bread, soaked and squeezed dry)
9 Eggs, whole
3/4 cup Salt
1-1/2 T. Pepper

1. Place ground beef in mixer. Add dry bread, eggs, salt and pepper. Mix on low speed until thoroughly blended. Do not over-mix.
2. Spread mixture over dressing in pans and bake about 1 hour at 350° F. Serve with brown gravy.

Mrs. Erma Damschen
Powell County High
Deer Lodge, Montana

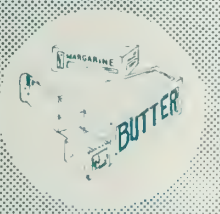
TYPE A TOPICS

JANUARY 1971

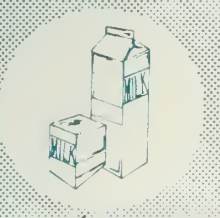
NATIONAL

SCHOOL

LUNCH



PROGRAM



A SPECIAL MESSAGE TO FOOD SERVICE MANAGERS, ON THE NEW SCHOOL LUNCH AND CHILD NUTRITION LAW . . .

The professional partnership that we in Agriculture are privileged to share with you has turned in impressive accomplishments in feeding hungry children during the past year.

BUT THERE'S STILL A BIG JOB AHEAD.

We have the important tasks of continuing to reach all needy children with a free or reduced price meal at school, as well as to improve the quality of school feeding programs for all children, and to build in training and education that will bring about a wide community understanding of good nutrition. It all adds up to a greatly expanded concept of child nutrition programs to meet the needs of the seventies.

WHAT IS THE JOB FOR THE FOOD SERVICE MANAGERS?

First, let's continue to strive hard to reach more children with a fortifying school lunch each day. Urge teachers and all school workers to be alert to those children who seem to need lunch at school. Each of us needs to be a prime mover to see to it that every child who could benefit from a school lunch, gets one. We must protect our neediest customers from the embarrassment of being identified in the lunch line. And finally, we must be self-appointed watchdogs to maintain and improve the quality of every school lunch served.

In doing these things, you will be helping school food service to play its vital role in the Nation's total drive to assure that every American family can have an adequate diet.

Richard E. Lyng, Assistant Secretary
of Agriculture, Speaking to the
American School Food Service Assn.

FOOD AND NUTRITION SERVICE · U.S. DEPARTMENT OF AGRICULTURE

PROGRAM POINTERS FOR THE FOOD SERVICE MANAGER

OPERATING ON A BUDGET

The National School Lunch Program is a nonprofit operation. It must operate on a sound financial basis.

The difference between income and expenditure is very small in a nonprofit operation. The school lunch program must be managed so the income is used to the greatest advantage. In other words, expenditures must be controlled. A budget is one means of control.

WHAT IS A BUDGET?

A budget is a plan for spending expected income for a given period in the future - a day - a month - a year. A realistic budget is one of the most important tools for money management. A budget can be a working guide for spending the school lunch dollar, but it will not work miracles. A budget can indicate when and where changes should be made.

FOR GOOD BUDGETING, REVIEW PAST RECORDS

In order to operate a lunch program on a business basis, it is necessary to know where the program stands financially. Past records show where the money has been spent. Figures from the previous year tell us facts about income and what was actually spent on the basic expenditures of food, labor, and other.

The records can serve as a guide for planning expenditures and making necessary adjustments in controlling costs for the coming year. This step before budgeting will help you plan your expenditures.

ORGANIZE AND ANALYZE YOUR EXPENDITURES - AVOID DEFICIT SPENDING

A summary of individual program operations provides a complete picture of costs. Food, labor and other expenditures become more significant when listed in columns and analyzed. For instance, if too much money is spent for food, there will not be enough funds to pay the cost of labor or other expenditures.

It means that the quality and/or quantity of the lunch is lowered, labor is cut, salaries may not be paid in full or other resources must be found in order to pay the deficit. This is "deficit spending," an unwise practice.

USE YOUR BUDGET - COMPARE IT WITH ACTUAL OPERATION

The value of any budget is in using it. Compare actual income and expenses with the budgeted income and expenses. If there is a large difference between the actual and the estimated income and expenditures, determine what caused the difference.

Good management needs a "good head." Take time to plan how to spend the school lunch money. This can make the difference between going "in the red" and breaking even. Good management also means having a "cushion" or operating balance. Expenditures should always be planned before spending begins.

PLAN YOUR SCHOOL LUNCH BUDGET

Estimate the total amount of money available (income) for a given period--one day. Sources of income include, money collected from children and adults, Federal reimbursement and other sources such as donations to the program. How does this compare with last year's income?

Estimate the Amount of Money for Expenditures for One Day

Food - The cost of food is affected by existing conditions. For example, as the size of the operation decreases, the proportion spent for food increases. As operating costs decrease, the food cost rises in relation to income. The National School Lunch Program sets requirements for the Type A lunch; these requirements cannot be met if expenditures are too low.

Another factor that may affect the relation between income and food costs is locality. Market prices vary in different areas; a school in a remote area may not have the price advantages available to a school in a larger market area. Purchasing practices also affect food cost. Bid buying should result in reduced cost.

Labor - The size of the program affects the proportion of income spent for labor. A large operation can serve more meals per hour of labor than a small one. Additional labor costs, due to regular salary increases or an increase in the number of personnel, must be considered. The actual cost of labor can be estimated with a high degree of accuracy.

Other Expenditures - Cost of utilities, pest control, paper and cleaning supplies, etc. should be kept to a minimum and must be included in the budget. Cost of repair or replacement of equipment should also be included in this category in the budget.

ESTIMATED DAILY EXPENDITURES

LABOR--Include: $_____
- Salaries
- Social Security
- Insurance, etc.

OTHER EXPENDITURES--Include: $_____
- Utilities (gas, electricity, phone)
- Pest Control
- Cleaning Supplies
- Other Supplies (straws, napkins, etc.)
- Allowance for Repair and Replacement of Equipment

SUB TOTAL: (Add LABOR and OTHER Expenditures) $_____

FOOD EXPENDITURES--(Subtract the Total Cost of LABOR and OTHER Expenditures from the Estimated Income to Determine the Estimated Amount for Food Expenditures.)

SUB TOTAL: FOOD EXPENDITURES $_____

TOTAL: DAILY EXPENDITURES $_____
(Add the Total Cost of LABOR and OTHER Expenditures and the Total Food Expenditures to Determine the Total Daily Expenditures.)

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